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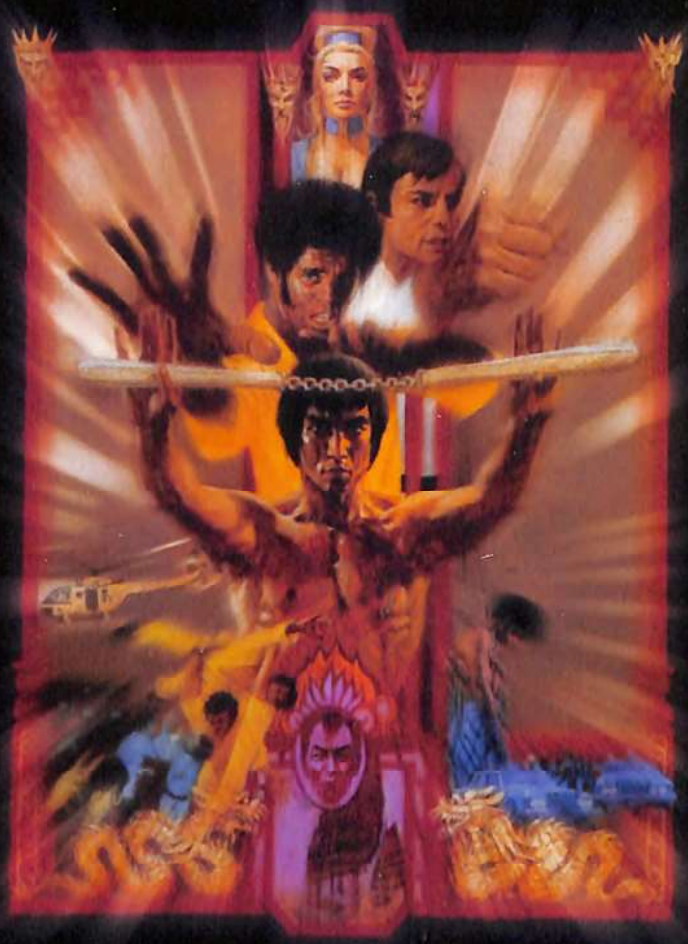

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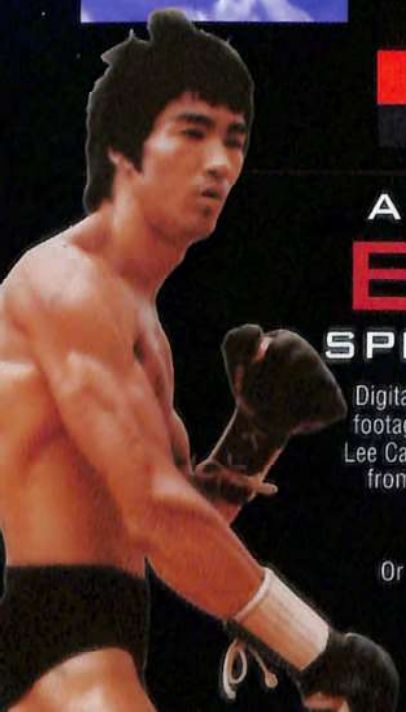

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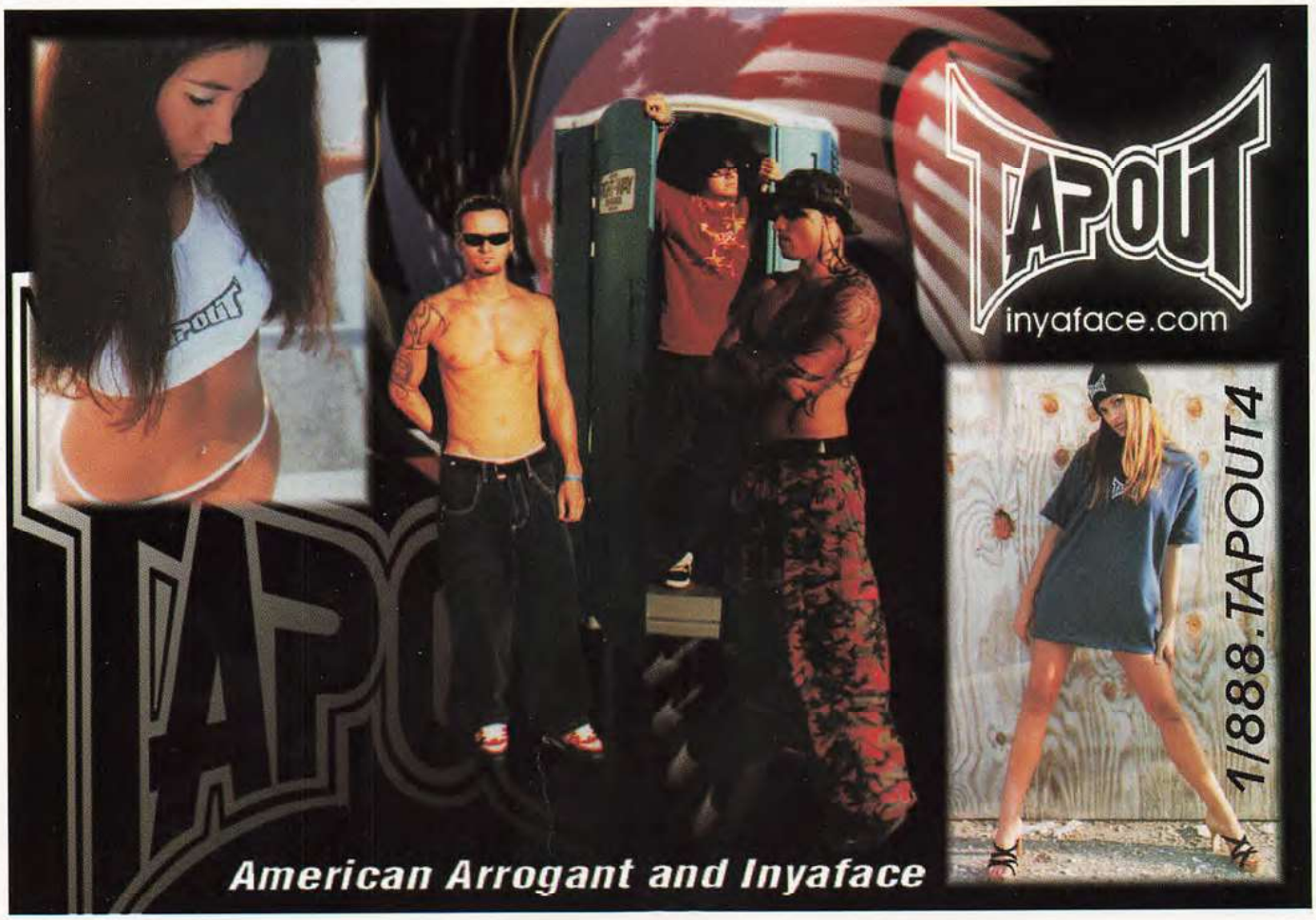

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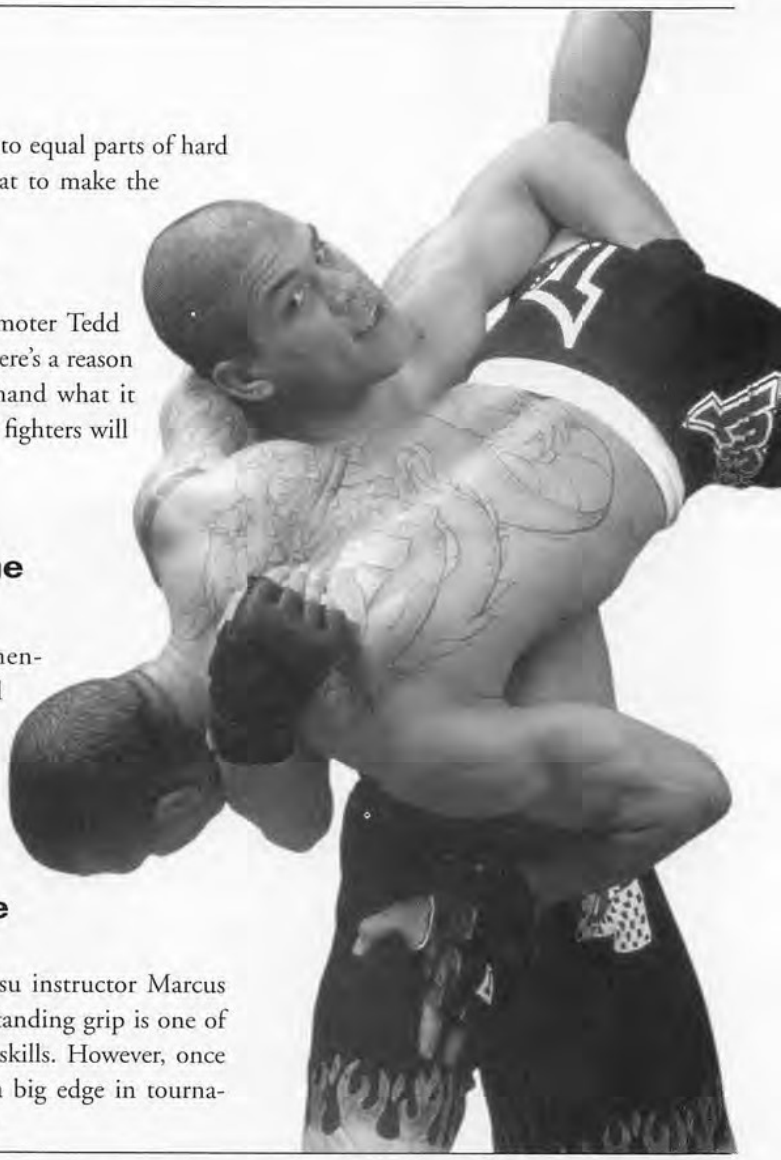
According to Beverly Hills Jiu-Jitsu instructor Marcus Vinicius, the defense against the standing grip is one of Brazilian jiu-jitsu's least practiced skills. However, once mastered, it can give a defender a big edge in tournament competition. *by Todd Hester*



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by Eddie Goldman, host of "No-Holds-Barred" on eyada.com

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North Carolina isn't exactly an international grappling hotspot - so what were Royler Gracie, Saulo Ribeiro, Rodrigo Meideiros, Luis Heredia, Jeff Monson and others doing in Raleigh three weeks before Christmas? *by Kid Peligro*

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Using an eclectic mix of striking and grappling arts specifically modified for no-holds-barred combat, Eddy Millis' Shark Tank fighters are ready to rumble on a moments notice, anywhere in the world.
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Editor's Note

BY TODD HESTER

A Month to Remember

Pride, UFCJ, Shooto, and the Pro-Am of Grappling all happened in the same month this year. I don't necessarily believe in astrology (my money is on Santa Claus and the Easter Bunny). But if a Gypsy palm reader came up to me and said, "When the moon is in the 7th house, and Jupiter aligns with Mars, then Igor will guide the planets and Tito will rule the stars," I might just nod and say "December, right?" How else can you explain so many great shows and fights all within about three weeks of each other.

In Pride, Kerr losses to Vovchanchin - again - in an outcome that I'm going to have to stop calling an upset - that's two, now. You have to wonder if Igor has Mark's number. The rematch I'm waiting for is Francisco "Chico" Bueno vs. Vovchanchin. I know that Vovchanchin KO'd Bueno in their only meeting, but Bueno took the fight on one week's notice and has been training like crazy - hammering the pros at L.A. Boxing on a weekly basis - hoping for another shot. Does Vovchanchin fear Bueno? Word has it that Igor wants nothing to do with Chico and that Pride wants to protect their Russian Money Machine from serious injury. Bueno's scary. I don't blame Igor or Pride for ducking him.

In the upcoming star category, Ricco Rodriguez continued his winning ways, superstar Sakaraba beat yet *another* Gracie (can't Sak find another family to feud with? I hear the Hatfields and the McCoys are available), and Heath Herring moved up the food chain with a solid win over Enson Inoue. The two big Americans, Rodriguez and Herring, are kicking butt and taking names. Can a Pride collision be far off?

UFC Japan proved that the reports of the UFC's demise have been greatly exaggerated. This was a show that was as good or better than any show in the world this year. It had great fighters - Ortiz, Miletich, Kondo, Iha, Tanner, Gibson, Matt Lindland (the Olympic Silver medalist, for God's sake!), Hughes, Monson, and Liddell. Honestly, if I had to pick an NHB show of the year this might be it. With their solid victories Ortiz and Miletich are approaching force-of-nature status. I would be willing to bet that if you took the UFC fighters from this show and matched them up with fighters from any other show, pound for pound, you'd be hard pressed to get Vegas to lay down odds.

In Shooto, of course, the big news was Frank Trigg losing to Shooto poster boy Sakurai. Now Sakurai might not have the name in the U.S. that Sakuraba does (they are not the same person, by the way), but in beating Trigg he beat a bonafide NHB star - if not a superstar. Knocked down three times in the same round before the referee stopped the fight, Trigg says he doesn't remember anything after the first knockdown. Talk about fighting on instinct - he got up again and again, coming in on Sakurai and mixing it up. Trigg will be back, don't worry about that, and I feel a little sorry for the first person he faces after this loss. On the Shooto side what does this show? That Shooto fighters are a good as any fighters in the world. Sakurai, Sato, Uno, and Erik Paulson are all fighters who can hold their own against anyone - and this proves it.

On the grappling side you had one of the gutsiest shows of the year - the Pro-Am of Grappling - put on by Frank Mullis and Billy Dowey with matchmaker Kid Peligro. This show had everything going against it. It was in Raleigh, North Carolina (strike 1), held in the dead of winter (strike 2), and the main sponsor pulled out at the last minute (strike 3). Was the result the unmitigated disaster you would expect? No, just the opposite. They attracted world-class fighters (Royler Gracie, Saulo Ribeiro, Vitor Ribeiro, Rodrigo Medeiros, Leo Vieira, Luis Heredia, Jeff Monson, Cleber Luciano, Marc Robinson), they offered respectable prize money ($5,000 to win), they covered travel expenses, and they actually PAID everybody when the event was over. Be still my beating heart. If there is a grappling fan in the U.S. whose mouth isn't watering in anticipation of next year's event I'd like to meet them!

But next year I hope the promoters pick a location where grappling isn't only known as something you call a tow truck to do when your 4x4 breaks down. I'm sure an arena somewhere in L.A. is available - hint, hint!

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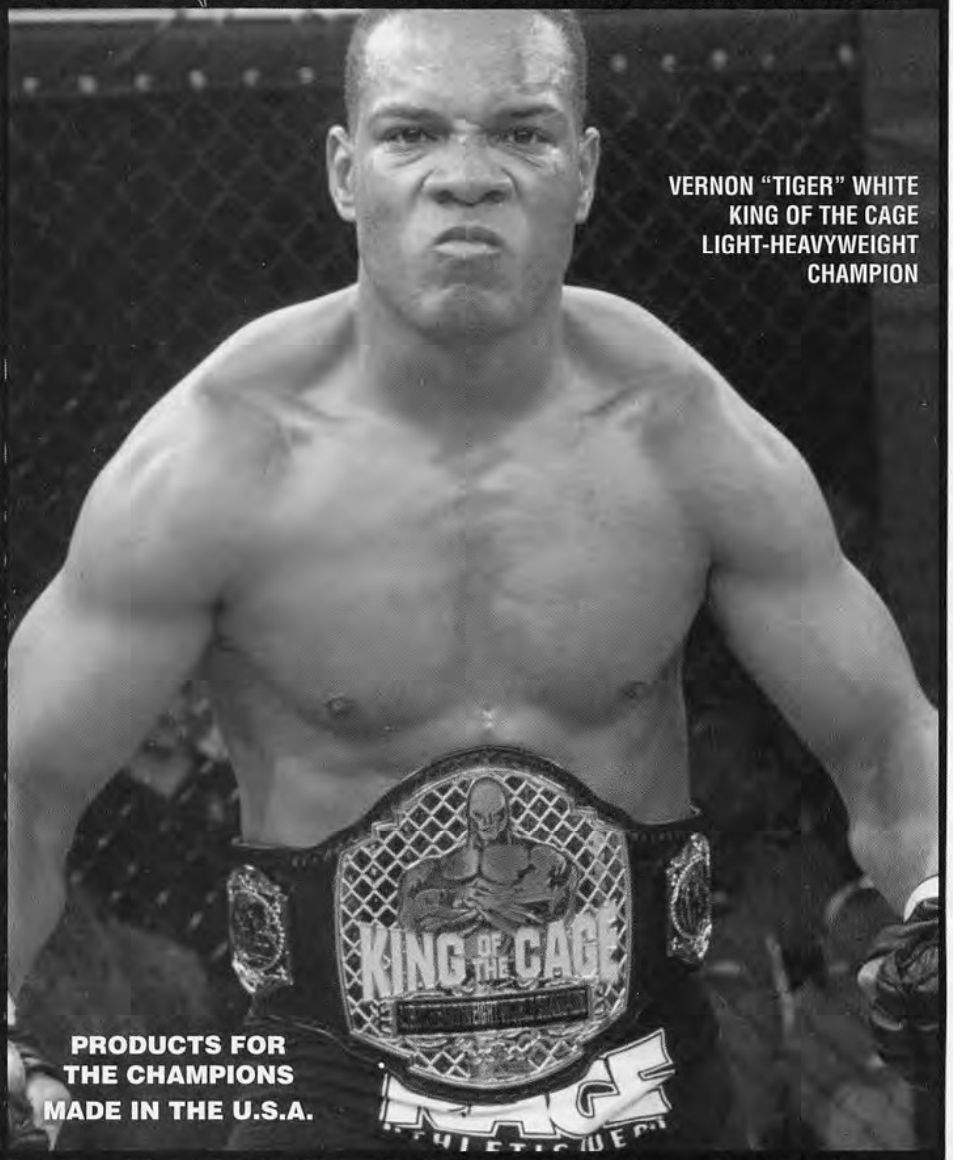

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Catch of the Day

BY MATT FUREY

Fasting for Fitness

If you're interested in dropping excess baggage from your waistline, take a gander at one of the recommended practices of old-time American fitness pioneers - fasting. Now, I realize that fasting generally gets a bad rap these days, mostly from people selling diet books. They claim that fasting slows down your metabolism, contributes to muscle loss, weakens your body, and is just downright dangerous. A prolonged period of fasting (more than seven days) is not something I recommend, but you can greatly benefit from a 24-36 hour fast, done once per week. Contrary to popular opinion, these weekly fasts do a lot of good for you.

First of all, a one-day fast gives your digestive system a well-needed rest. Most of us already have far too much food in our bodies, and it shows in the form of excess flab. This excess flab not only makes you sluggish and slow, but when you have too much, it adds strain to your heart. Until you've done a couple of one-day-per-week fasts, you'll never know how much good they can do. The morning after a 24-36 hour fast you'll wake up with more energy, feel better mentally, be leaner than you were a day ago, and you'll be quicker and smoother in your athletic movements.

Fasting will not only generate greater fat loss, but it'll make you look and feel better as well.

I know some will argue that the weight you lost was nothing but water, but my experience doesn't reflect this. I know what it's like to drop water weight. I've done it a 1,001 times. In college, in order to make weight for wrestling matches, I routinely dropped 8-13 pounds during the last 24 hours before weighing-in. In fact, I became such an expert at rapid water-weight loss that I knew exactly how much weight I had dropped by how soaked my clothing was.

The fasting regimen I recommend is the opposite of cutting water-weight for wrestling. Instead of NOT eating AND not drinking, you simply don't eat. For 24-36 hours you drink plenty of water. It won't be difficult to imbibe a gallon in one day, either, because every time you feel a bit hungry or light-headed, you drink more water. This will help satiate you.

During the fast, keep what you are doing secret. There is no need to brag, announce, gloat, whine or complain to others, telling them how great you are or what an ordeal you're going through. Use the time you'd normally spend wolfing down victuals to catch up on some work around the office or to train a little more. Finish digesting the book you've been sloughing off in favor of the boob-tube. Do something with your family. There are a lot of things we put off in favor of eating. Let this be the one day that you act like a changed man.

The next day, when it's time to eat again, make the first meal simple. Instead of eating everything in sight, have a fruit bowl or a salad. This simple meal will coax your body back to eating without shocking your digestive system. Done regularly, fasting one day per week will catapult the fat-burning process in your favor, giving you greater control over your health than ever before. Fasting will not only generate greater fat loss, but it'll make you look and feel better as well. Not only that, it'll make you mentally tough.

Matt Furey is the author of Combat Conditioning: Functional Exercises for Fitness & Combat Sports. *For more information visit www.mattfurey.com and www.combatwrestling.com.*

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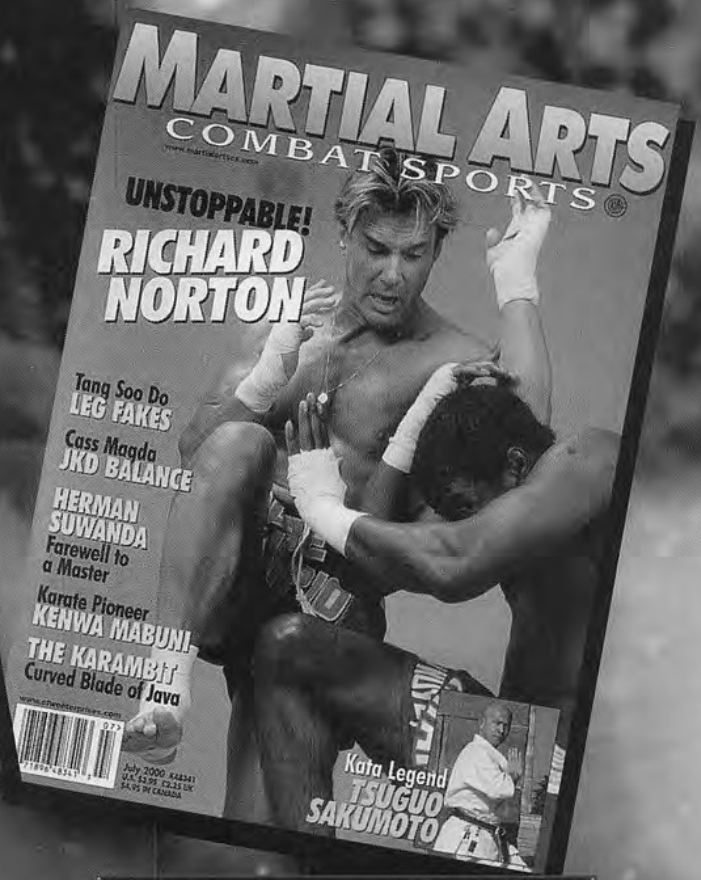

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Damage, Ink

BY EUGENE ROBINSON

Loser and Still Champion

Here at Damage, Ink we've been trolling through our particular subculture's subconscious and wondering if there's something worth knowing regarding what's on the minds of men for whom giving an ass-kicking is totally worth the risk of getting an ass-kicking and we've come up with this - the science of failure.

Your relationship to failure measures not only the type of person you are but the type of fighter you will become and it's usually how you square yourself to it that makes the difference between guys who do this and guys who succumb to OSB (other sport's beckoning) and move on to, say, tennis. To paraphrase Col. Kurtz "You either make a friend of failure or it ends up being an enemy to be feared."

The year was 1998 for me. I was at a Combat Wrestling tournament in San Jose, California. I had just come off of a pretty successful stint of having some articles appear in major pubs, GQ among them. The GQ article was actually about MMA and made passing mention of Brian "The Fury" Johnston, a frequent UFC competitor. Johnston had taken issue with the article and I had gotten wind of it and immediately approached him at the event where he was scheduled to referee.

"Either you make a friend of failure, or it ends up being an enemy to be feared."

- Colonel Kurtz, Apocalypse Now

He minimized the article's significance and laughed it off. Later toward the event's end, he asked me to roll and I, with a few months of sporadic training under my belt, agreed. A bad choice under any circumstances (but especially given that I had just competed). I got an ass-beating like ass-beating was going out of style. Never in my adult life had I felt so...outpaced.

The beating lasted for seven minutes, which was exactly the length of time it took for him to get choked out by Shamrock in his last UFC appearance (my mention of which had sparked the issue to begin with). At the beating's conclusion, he pulled me up, shook my hand and helped me, with his generally gentlemanly demeanor, to get the following thought out of my head: "It's guys like you that make me want to carry a gun."

Later, icing the busted parts, I thought that this was damned near one of the most single significant events of my life. Most people spend their lives failing in ways they don't even realize - then one day they suddenly wake up broke, busted and disgusted. But to condense that into seven minutes was The Shit. No other way to put it - it changed my life - perhaps exactly what the old maxim "knocking some sense into somebody" means.

So since I figured that you can't succeed without failing, I decided I was going to succeed at failing. I'd fight anybody, anywhere, win if I could, lose if I must, but the fight was the thing. You see, by embracing failure, I forced the outcome into insignificance. So it is within that spirit that I dedicate the next few Damage, Ink's to what George "Paper Tiger" Plimpton did 30 years ago with participatory journalism. I, easily the most average man on the street you'll ever meet, will fight some of the sport's biggest names and write about it. If I win, I win (don't count on it), and if I lose (I got some balls on me, eh? Check out that "if" crap), you'll hear about it in full Technicolor.

Think I'm bullshitting. Ask Tim Lajcik, Eugene Jackson, Marcus Vinicius, or Matt Furey, fighters whom I've just fought casually. The outcome? Yup, they all kicked my ass. So what. Who's next?

In his "real" life, Eugene Robinson is the Editor-in-Chief of the award-winning Code magazine, *the leading style magazine for men of color (any color). Contrary to his words, Robinson is nationally known for his many success. One of his few failures was being named* Grappling magazine's *editor-at-large. Mixed martial artists of some renown can email* toddhester@cfwenterprises.com *if you'd like to take a shot at Robinson.*

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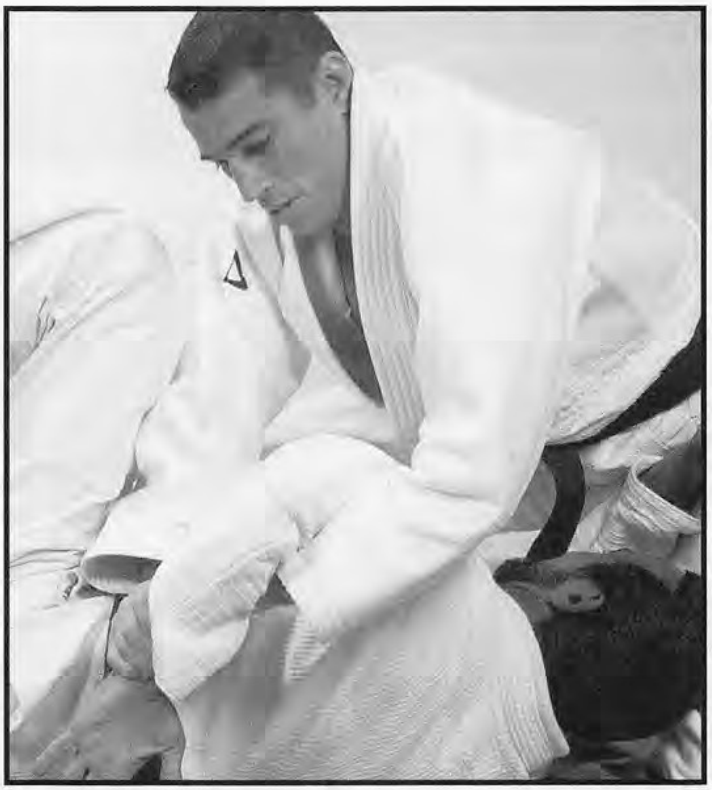
BY ROYLER GRACIE

Walking Tall



As I travel the world to compete and teach, I get a lot of people coming to me and asking many questions. One of the most common questions that I am asked is, "Why do you fight guys who are much bigger than you? Why don't you just concentrate on fighting people in your weight division?" I usually give them the standard answer that I am a fighter, and that fighters fight whoever is put in front of them. While that is partially true, it is not really the complete answer. I thought I' d take time here and explain it further.

I was born into a family of fighters. My father before me, and all my brothers, uncles, and cousins all fought - whether it was in vale tudo, NHB, or jiu-jitsu tournaments. Fighting and training to me was as common as eating, breathing, and sleeping - I did it more than eating and sleeping sometimes! I was also fortunate enough, because of the family I was born into, to have learned and become very proficient at Brazilian jiu-jitsu. Every since I was a young boy, my life revolved around jiu-jitsu, so even at home when we weren't officially training, we were always competing among ourselves. Who was getting better? Who was sweeping who? Was getting the arm bars and the chokes? The thing was, that because of the number of family members, I didn't get to choose who I trained with. Many of my family was bigger than me so I just trained with them - I didn't think anything of the fact that they were larger. I always wanted to be better than them and then to defeat anyone that I faced.

I fought these guys to test myself and to learn from the struggle. With all my heart, I want to know more about jiu-jitsu.

I started competing in jiu-jitsu at a very young age, I competed in just about every major tournament there were and many times that I entered the absolute division. I was fortunate enough to win that division in the Brazilian Nationals one year, despite fighting much bigger men. I believe in myself and my art very much and I have always believed that it can give me the tools that I need to defeat any opponent that I face. With that belief in my heart and my mind, I set out to test myself against the best - whether in an NHB fight against Sakuraba, or a jiu-jitsu match against Amauri Bitteti or Ze Mario Sperry. I don't do it to show other people up, I fought these guys to test myself and to learn from the struggle. With all my heart, I want to know more about jiu-jitsu.

Before the fight with Sakuraba, I was in Abu Dhabi at ADCC and Sheik Tahnoon asked me the same question: "Why do you want to fight Sakuraba, he is much bigger than you?" My answer to him was, "I just want to find out. I have to find out what the outcome of a fight like that would be and what I could do or not do. I just want to do it for myself, no one else."

I believe that this same mentality can be applied to competitors at any level of jiu-jitsu or grappling. My suggestion to all grappling competitors is that if you want to compete, do it for yourself - for whatever reasons you may have - but make sure you are doing it for yourself. If you don't want to compete, that is fine, too. No one should feel bad about not entering tournaments, and there are many, many benefits to be gained from training in the academy - no one should be forced to do anything. But if you want to test yourself, go out there and have fun. Do your best and then don't worry about the outcome. If you gave 100 percent and you learned something from it then your experience was success - regardless if you won or if you lost. Hold your head up afterwards and walk tall. That is what jiu-jitsu is all about.

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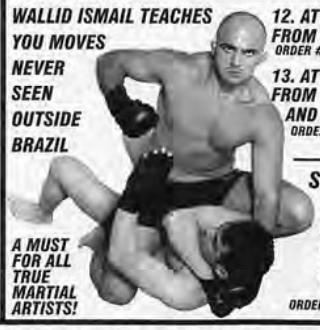

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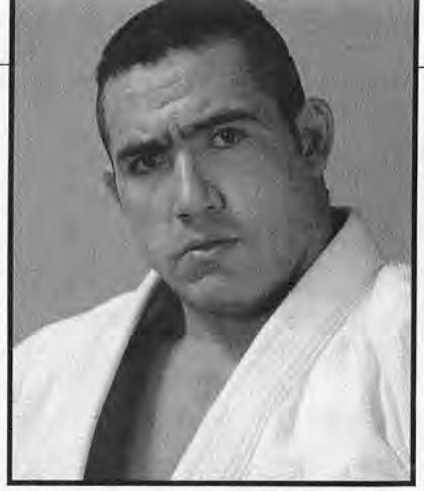
Great Escapes

BY FRANCISCO "CHICO" BUENO



Beating the Back Choke

One of the first attacks that you learn as a white belt in jiu-jitsu is the back choke, also called the "sleeper" hold or the rear-naked choke. But the fact that it is so basic doesn't mean that it is ineffective or somehow "primitive." On the contrary, the back choke is one of the most used techniques that you will see in no-holds-barred fights and also in sport tournaments like the gi-mandatory Mundial, or in no-gi championships like Abu Dhabi.

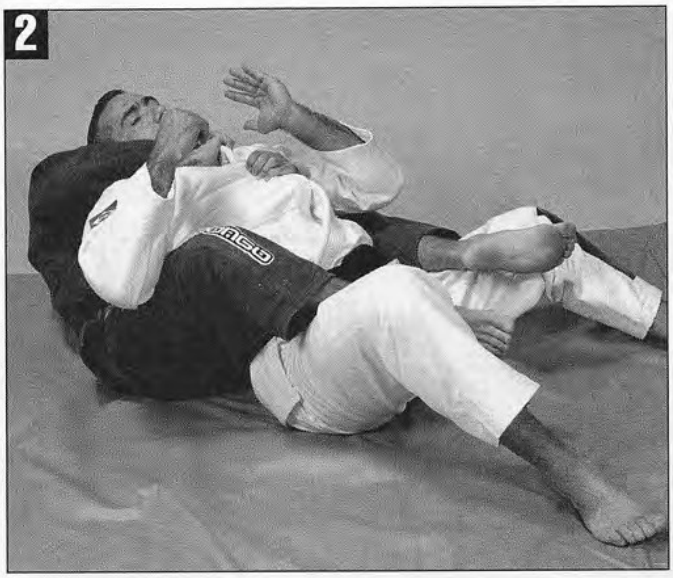
While many types of moves define different styles, i.e. leg locks for sombo, arm locks for Brazilian jiu-jitsu, and throws for judo, the rear choke is probably the most common submission move that you will see in all these styles. Furthermore, if you were to actually count the number of submissions you see in no-holds-barred matches, I'm sure the majority of those are also the rear choke.

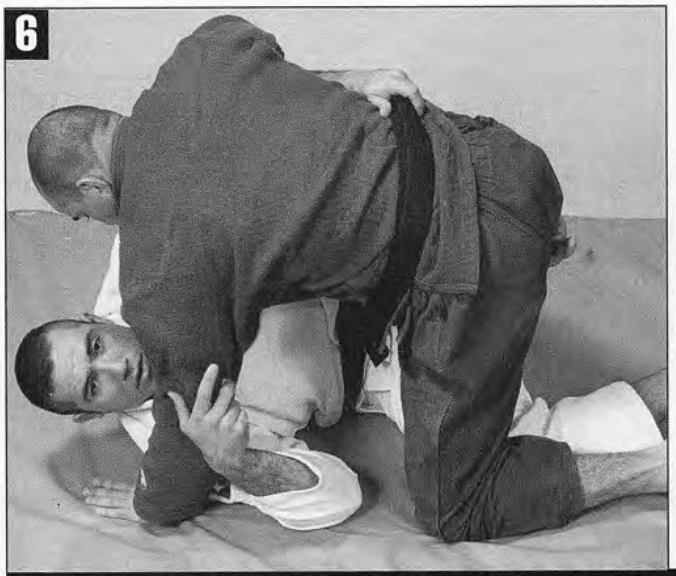
What this means in practical terms is that this is one move that you will have to face no matter what type of grappling or fighting you do. The odds of someone getting to your back at some point are way over 50 percent. Also, if you're not comfortable with escaping from the rear choke, then there are many offensive moves and escapes that you will never be comfortable learning or using because they mean exposing your back. In any kind of submission fighting, just like in virtually any competitive team or individual sport, you have to feel that you can rely on your defense in order to be confident in using your offense.

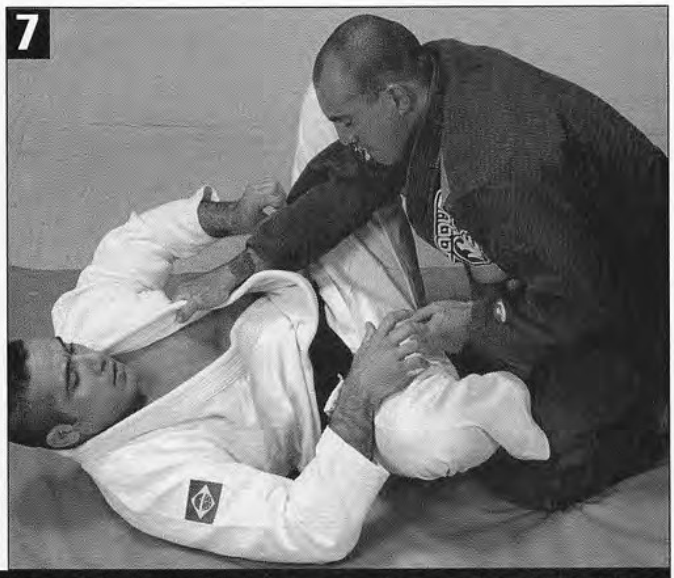
So with this being said, if there is one move to spend time on in the academy it would be the rear choke escape. As with any escape, the key is to stay relaxed and to keep calm. Getting out of a bad position requires patience and the ability to move purposefully - this means NOT struggling wildly but making a series of small calculated moves. When you are caught, don't let your mind immediately jump to getting free, think instead of the first move you must do IN ORDER to eventually get free - think in specifics, not concepts.

As far as those of you who think that only offensive moves are worth spending time on, let me remind you that the best way to learn how to beat a defensive move with your offensive move is to learn the defense inside and out. So while you're learning how to defend the back choke, you're also learning all the tricks that will be used against you by your opponent when you're trying to submit them.

All qualified and legitimate Brazilian jiu-jitsu teachers know a variety of rear-choke escapes that end in either a good offensive position such as a side control or mount, or even in a submission. While I can't show all the ways of escaping in this column, I can show you a typical way to get out of this most dangerous of moves. Ask your instructor to help you with variations of this move. In the meantime keep training hard - and I'll see you on the mat!







Caught in a rear choke (1), Francisco "Chico" Bueno tucks his chin down to relieve pressure on his neck and to give himself time to escape (2). Bridging his hips upward and grabbing the attacker's arm (3), Bueno simultaneously pushes his opponent's arm up, and slides his hips to the side (4). Sliding out, Bueno then turns inside and hooks his opponent's leg to keep him from mounting (5). He then grabs the back of the belt to create space, hooks his opponent's outside leg (6), and then slides inside on his back, putting his opponent into the open guard with the inside hooks in place (7).

Mat Time

BY KID PELIGRO

The Half-Guard Revolution

Brazilian jiu-jitsu has been around for 75 years, and with hundreds of thousands of participants worldwide you would think that the sport couldn't help but improve. The truth, however, is that the art has remained somewhat stagnant for many decades, with only minor changes in the attacking and defensive positions. Although there has been some advancements, like Rolls Gracie's development of the open guard and the unlimited sweeps that it enabled, the truth is that for 20 years or so nothing much has changed. Sure there have been improvements, but more in the technical details of the positions than in the positions themselves. The guard, side control, and mount have pretty much remained the same.

The one area that *has* developed and improved lately is the half-guard. The half-guard was once considered the last resort - the position you'd be stuck in before your opponent passed your guard. For many years, the only real options for the fighter defending the half-guard was to put the opponent back in the guard, go for the collar choke, or execute a plain old bridge-sweep as a last-chance escape. The half-guard position, however, has improved dramatically in the last few years, due mainly to the pioneering work of BJJ black belt Roberto Correia - better known as "Gordo" - from the Gracie Barra Academy. Gordo was the first fighter to really try to fight from the half-guard. At the time, everyone didn't like to fight him and complained, "I hate fighting Gordo and his stupid half-guard." Well, when Gordo's "stupid" half-guard earned him a world championship in the 1996 Mundial, all of a sudden everyone started to notice and work on that position.

Saulo Ribeiro was able to win the 2000 ADCC World Submission Wrestling Championship almost exclusively using the half-guard.

Nowadays, it is clearly the position that has developed the most improvements and advancements - with moves that were never even dreamed of only a few years ago. Fighters like Saulo Ribeiro and Vitor "Shaolin" Ribeiro (no relation) have developed a new and complete system of attacks and sweeps from the half-guard. The position is so sophisticated and complex that Saulo Ribeiro was able to win the 2000 ADCC World Submission Wrestling Championship almost exclusively using the half-guard. He used some weapons in his new arsenal to sweep former world wrestling champion Alexander "Sacha" Savko, a feat previously considered impossible, on his way to the title. Also, if you watched the 2000 Mundial you just about couldn't see an entire fight without some of the "stupid" half-guard work. The position that was neglected for so many years has evolved so much that no one in the top level of the sport can succeed without fully understanding its nuances and intricacies. Furthermore, it is developing at such a fast pace that at every tournament some new attack variation or defense method is showcased.

Whereas before, the half-guard was a static position in which the fighter would somehow beg for an opening to get back to the guard, nowadays the modern half-guard involves literally getting between the opponent's legs and coming out the back, while using the weight shifts and hooks to sweep them and take the back. Additionally, because you are already entwined between the opponent's legs, the position lends itself to a variety of knee and foot attacks. And the opponent's defense or reaction to these attacks creates openings for even more sweeps and back attacks.

Clearly, the half-guard is not magic, it is only one position - much like the guard, the mount and the side control - but if you really want to have a complete game these days and progress quicker than your training partners, you must improve and understand the half-guard. If you don't know where to begin, check with your instructor, watch competition tapes, buy instructional tapes, or attend tournaments. Also, check out the article on the half-guard on page 74. We plan to run more articles in the near future explaining the fundamentals of this exciting "new" position.

Now go hit the mats!

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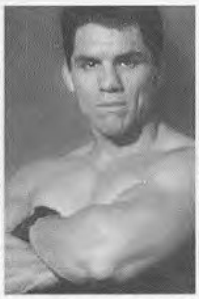

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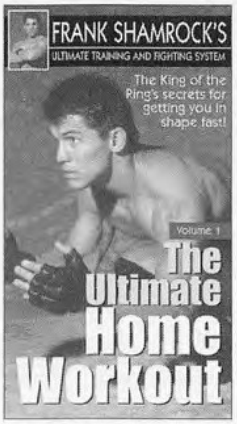
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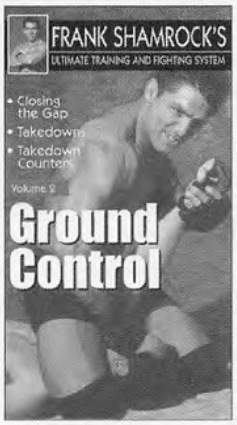

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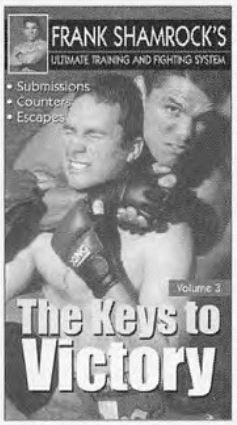

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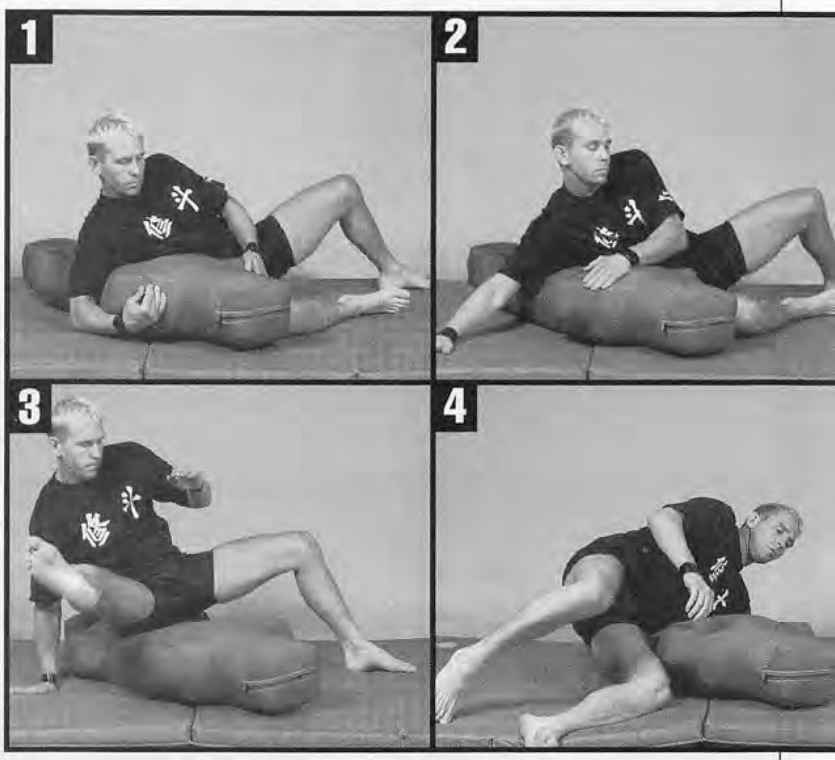
BY ERIK PAULSON
GRAPPLING MAGAZINE TECHNICAL ADVISOR

Motion Master Upper Body Control and Striking Drill



I created the Motion Master ground bag after realizing that one of the hardest parts of my workout and the most crucial was developing agility, strength, and fitness on the ground. Muscles are very task specific, and often when a really good athlete from another sport comes into the studio to train, he will be exhausted after only doing a few minutes of grappling. I realized that if you don't train your grappling movements and striking positions on the ground in a way that mimics what you do in a fight, that you're really not training yourself in a realistic way. What this means is that even if you run a lot and can jog 10 miles without getting tired, you might get into the no-holds-barred ring and be exhausted before you even get into the second round!

There is no realistic way to develop striking on the ground without actually hitting something. While stand-up fighters have a wide variety of standing pads and bags to train on, grapplers basically have none, and resort to using each other as punching bags. Of course, what this means is that a lot of people do not want to train because they do not like to get hit when they're being totally controlled. This results in a loss of training partners. The Motion Master ground bag fulfills the fighters need to have a "warm body" to train with on a daily basis that won't complain when you punch or knee it 100 times in a row!

The Motion Master also helps you to develop power in a short range of space, which is very different from stand-up striking techniques. In stand-up striking you can use all three parts of your body for developing power: 1) Foot to the hip; 2) Hip to the shoulder; 3) Shoulder to the hand. On the ground you're only able to use the shoulder to the hand part of your body power-engine - this is only one third of your power! So the Motion Master enables ground fighters to develop and practice short-range punching power and techniques - controlling and striking, grounding and pounding. That's what I'm talking about!

So without proper positioning you're not able to submit your opponent and it is very hard to strike effectively. So the key is positioning and controlling. I have developed this drill on the Motion Master to help fighters to develop the ability to control, move, and strike. It is important to remember that each drill applies to a variety of techniques and is not limited to the example given below.

DRILL: Starting from side control with arm under neck (*kasure-kesegatame* - upper body scarf hold) (1), Post the hand on the opposite of the body for balance and then pin the bag's arms (2). Then executes a reverse helicopter mount over the bag's body (3). Then kick off, move to the other side, ready to execute the drill in the opposite direction (4). To ingrain the move into muscle memory, this drill should be done 50 times in a row without stopping, on a regular daily basis, until the movement becomes natural and can be executed without thought.

Erik Paulson is available for classes, intensive training programs, or worldwide seminars by calling 888-349-2323 or visit his Web site at www.erikpaulson.com. The Motion Master ground bag and training video, and other related merchandise, is also available through his Web site.

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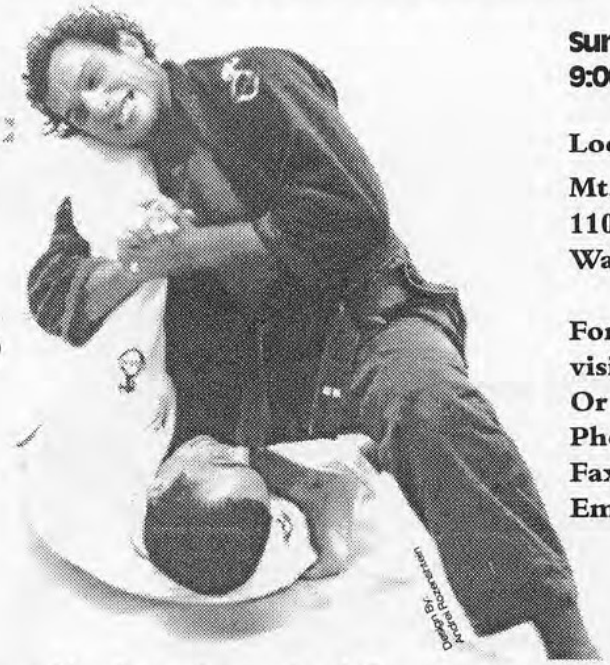

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TAPE 1 Vale Tudo Takedowns

This first video will change your understanding of how Brazilian Jiu-Jitsu should be used in a real fight. Here the Zen Machine will show you how to take control of the strongest street fighters and use the principals of ground fighting, standing up! This fighting style is so effective that any opponent, regardless of style, even students of conventional Brazilian Jiu-Jitsu will be unable to defend themselves. This video shows how to quickly immobilize strikers, wrestlers and grapplers and use punishing striking techniques of Jiu-Jitsu that are devastatingly effective! You will then learn how to take anyone down with techniques that work with even the biggest opponent. VALE-TUDO is the only video series to reveal these highly guarded techniques and is a must for anyone looking to enter the Octagon or win a street fight.

TAPE 2 Defeating the Guard

Once on the ground, most people will not know how to defend themselves and will be easily defeated by a Jiu-Jitsu fighter. However, a grappler or wise street fighter will attempt to fight with his legs to defend himself. Mario Sperry will teach you how to defeat even the best fighters legs (guard) using techniques that are unstoppable and unknown. You will see why 99% of the guard techniques learned today are not the most effective you can use in a street fight. You will learn how to quickly open the closed guard of any fighter, and pass his legs with never before seen techniques! Learn to defeat the half guard and much more! Also includes, Mario Sperry in Action!

TAPE 3 The Crossbody & Knee-On-Stomach

Prepare to learn a whole new method of Jiu-Jitsu that you never thought existed! We guarantee that that the techniques taught in VALE-TUDO are far more powerful then anything you have ever witnessed. The Zen machine will show you how the Crossbody should be used for the street and why sport style crossbody techniques are dangerous. You will learn to easily finish the fight from this position with devastating strikes and submissions that will amaze you! You will also learn how to properly use the most powerful and highly misunderstood position in Jiu-Jitsu, the knee on stomach! Here Mario will teach you a whole new style of Jiu-Jitsu that will give you a new arsenal of weapons never thought possible! Don't confused VALE-TUDO with other tapes showing sport style moves without the uniform. This tape contains a fighting style never seen before that will enable you to easily defeat all other styles of grappling and handle any opponent in a real fight!

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TAPE 6 The VALE-TUDO Guard

Think you know how to fight from the guard? Think again! This tape will totally change your understanding of the guard and how it should be used in a street fight! The Zen machine will show you how most guard techniques learned in sport Jiu-Jitsu will not work in a street fight and are extremely dangerous. Then Mario will teach you the proper way to control, strike and defend with your legs in a real fight. This video is a real eye opener and will surely shock many sport practitioners as Mario teaches how to demolish those attempting to use conventional methods of opening your guard and passing your legs! You will also learn when and how submissions from the guard should be used. This tape is definitely the most important work on

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TAPE 7 Advanced Takedowns

Here, Mario and Murilo break the standing fight game down even further. Special punching techniques developed my these two masters allow them to enter into a takedown without getting hit. Mario breaks these techniques down showing what and what not to do if you face a strong striker. Next, you will learn special techniques for taking down strong wrestlers or experienced fighters that refuse to hit the ground. Mario also covers more ways to smash opponents that want to hang onto a octagon type fence. Great material! Next, Mario teaches how to get your opponent's back while standing and teaches multiple advanced methods of punishing and bringing them down!

TAPE 8 Attacks From The Closed Guard

This super hot tape brings fighting from the guard to a whole new level. Learn to attack safely, and apply advanced armbars and chokes without getting hit, that will catch your opponents off guard. Learn special turnovers that work against striking opponents that lead to devastating spine and neck submissions. This tape is loaded with new material! If you liked his first guard tape,

TAPE 9 Attacks From The Open & Half Guard

This tapes is serious Vale-tudo. Mario starts with some brand new Vale-Tudo sweeps and then starts to really bang away with really slick new submissions. As Mario teaches in his first series, submissions against striking opponents are difficult unless you know the proper timing. Here, Mario and Murilo teach the skills to catch arm bars and chokes against those really tough opponents that are trying to smash you! Mario then takes you to the half guard and teaches some really hot turnovers and submissions not covered in his first set of tapes. Mario also covers more techniques for opponents that sit in the turtle position like wrestlers, and teaches new ways to turn them over and get back into the game! Finally, learn how to defend and reverse a bad situation like someone getting your back. All new hot material here!

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TAPE 10 Attacks From The Top

Retiring from the fight game in 1999, Mario reveals one of his fighting trade secrets, his four positions of control theory! This method he personally refined and uses in all his no-holds barred fights, allows him to totally control any opponent and move from position to position based on what escape his opponent attempts. These techniques, will allow you to bring your Jiu-Jitsu game to a whole new level that you never thought possible and can be used with or without the kimono! Mario then shows some hot new ways to mount your opponent during a no-holds barred fight. You will then learn new devastating neck cranks, chokes and some really hot new escapes from the knee on stomach!

TAPES 11 & 12 Vale Tudo Leglocks!

This two tape set is the definitive word on leg locks! Here Mario and Murilo break down the attack on the legs into never before seen details and variations. These two videos contain only no-holds barred and street fighting leglocks! No fluff stuff here! Leglocks are detailed from every possible position you can think of, top, bottom, standing and every position in between! Learn new leglocks just developed in Brazil like sweeps into leglocks and more! Mario will show you how to break and twist the legs with every possible combination from the foot, ankle, calf, knee and hip! Mario also teaches why some leg attacks may not work on certain opponents and how to tailor each attack based on your opponents weaknesses. Definitely the greatest work on Vale Tudo leglocks ever on video. You wont want to miss these two tapes!

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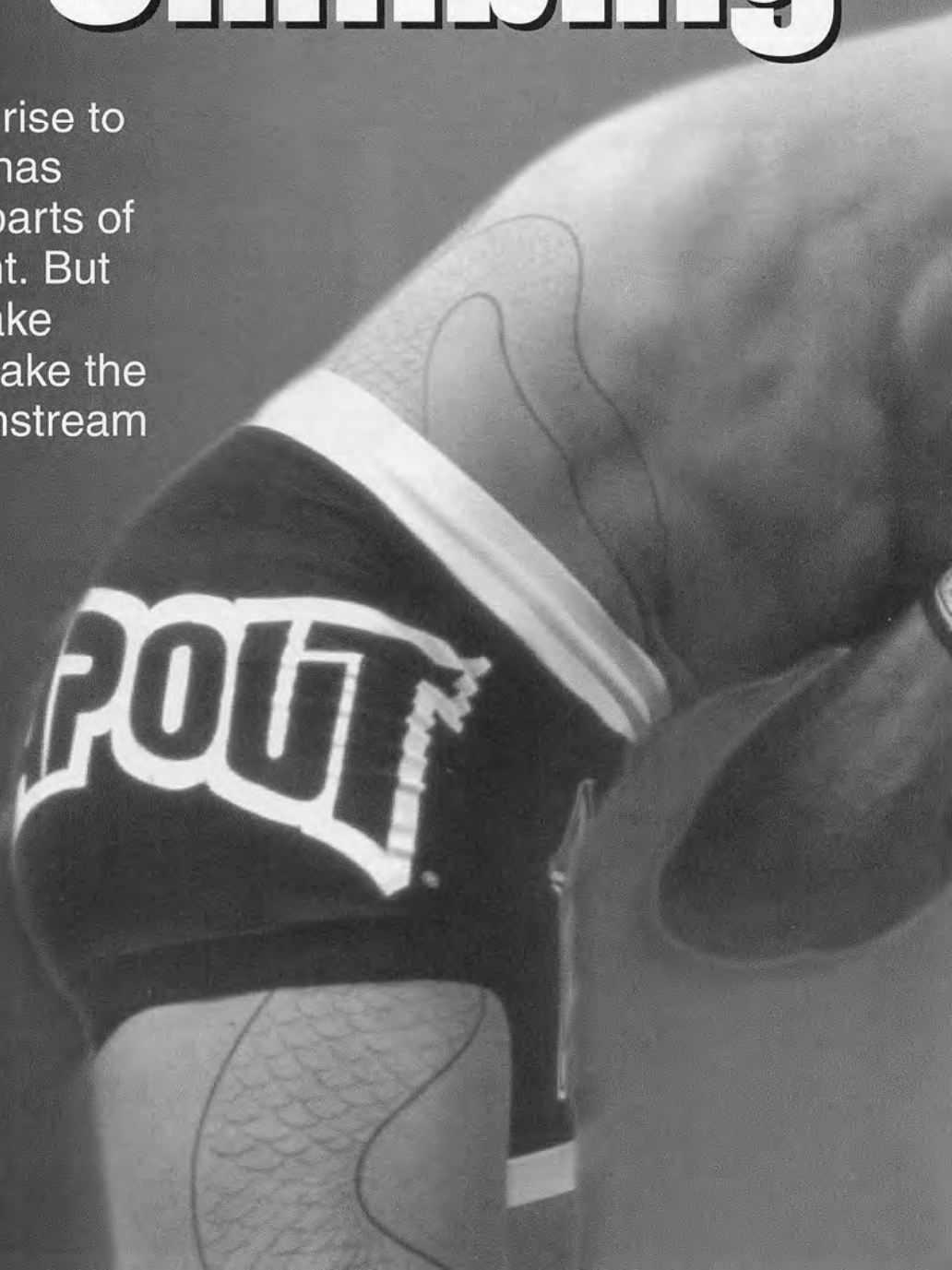
By Thomas Gerbasi

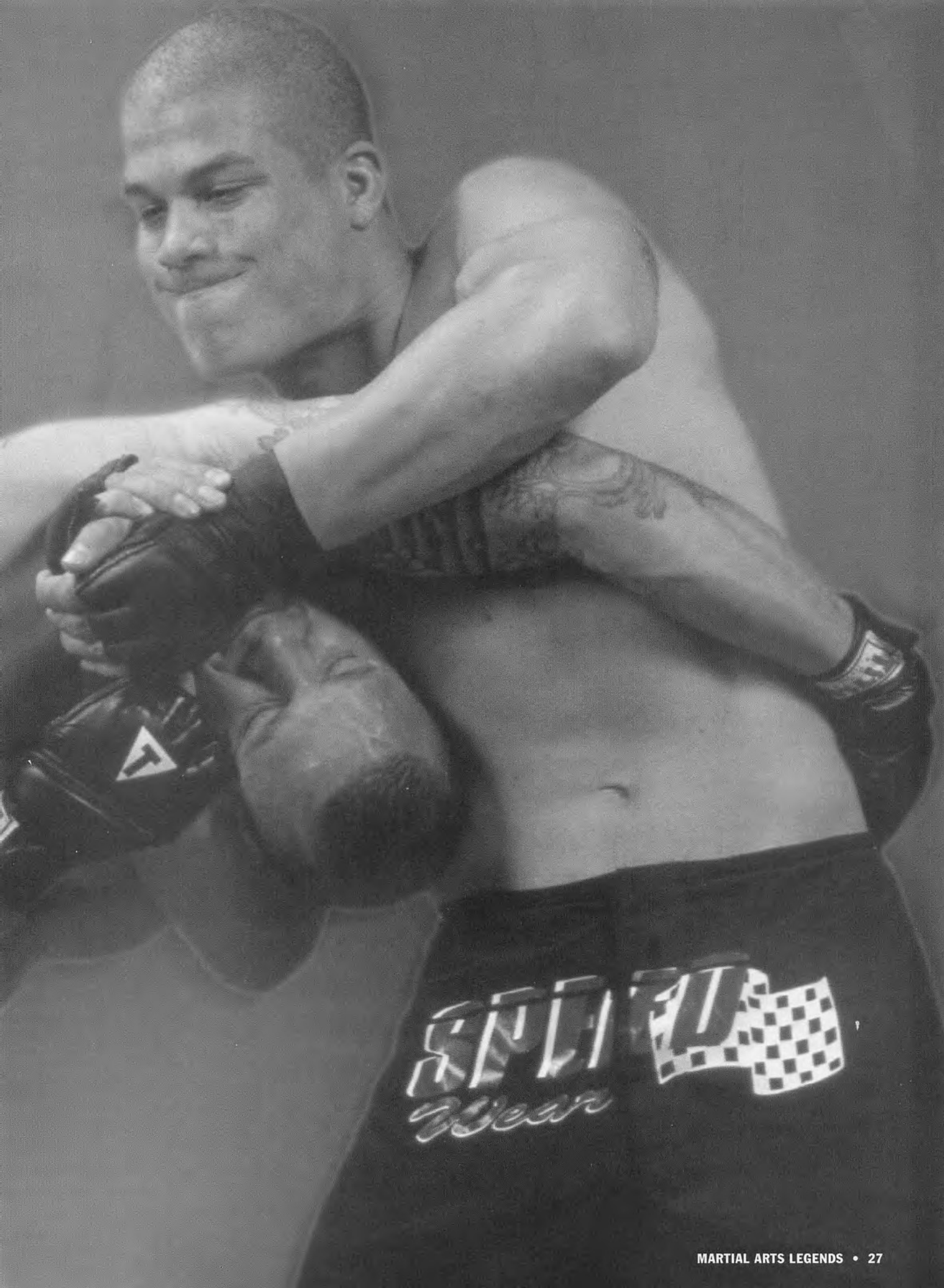
Tito Ortiz
Still Climbing

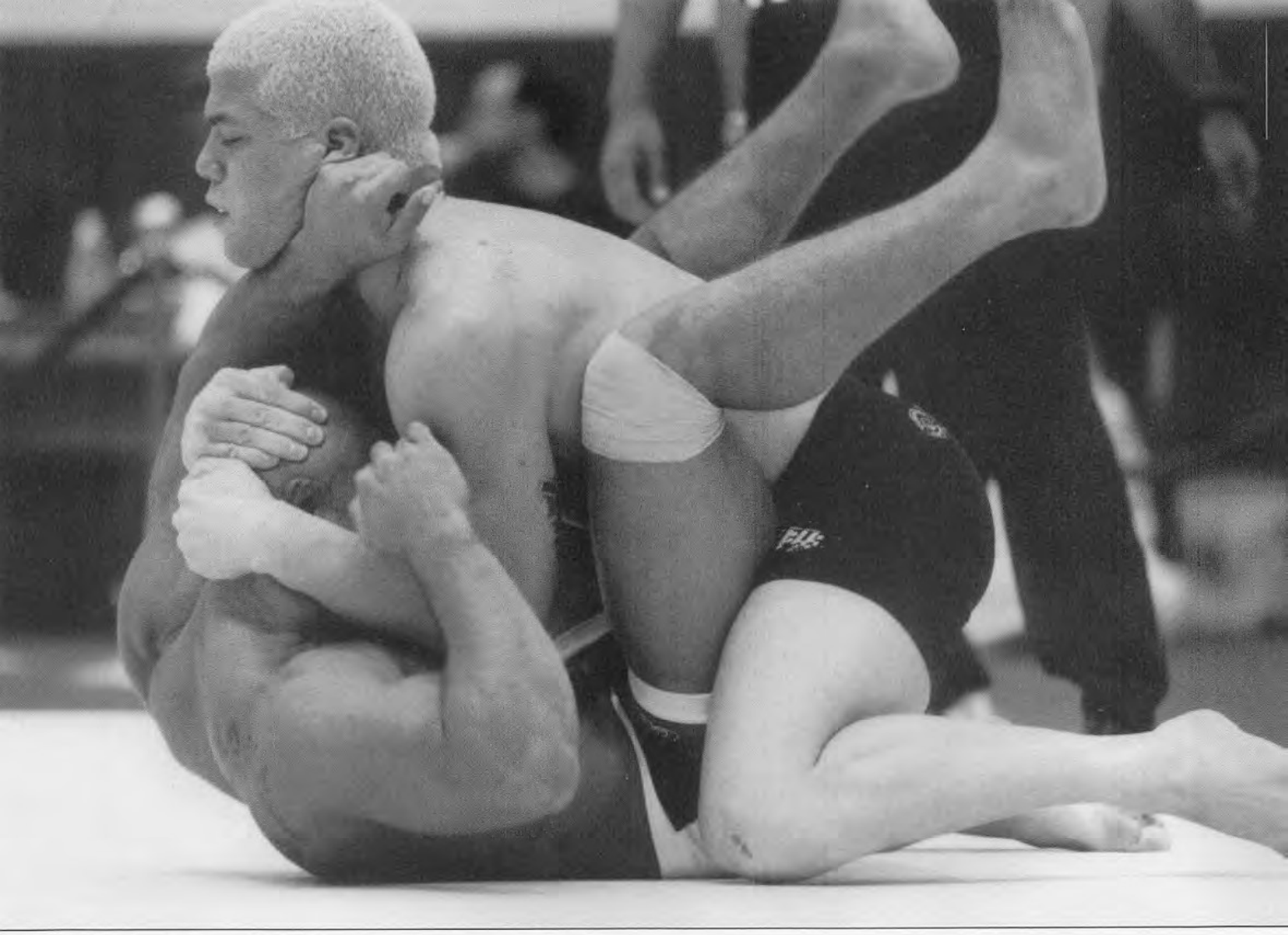
Tito Ortiz' meteoric rise to the top of the UFC has been due to equal parts of hard work and talent. But Ortiz knows it will take more than that to make the UFC appeal to mainstream sports fans.



I'm working my butt off to make it (mixed martial arts) credible as a sport," says Ortiz. "The UFC made a big mistake by promoting it as the bloodiest sport around. They made it a freak show. But now, with all the great athletes involved, it's starting to be accepted as a sport."

Any budding sport has its growing pains, and even as middleweight champion, Ortiz has not been immune to such distractions. "There were lots of frustrations, but I take them as they come," he said, referring to contract squabbles with SEG. "I want





to make this bigger and to do that I needed to make a stand for myself, which was great. I'm like the rusty penny in their pocket that turned out to be a gold coin. They needed to know it, and I needed to be treated as such. Now they know." Never was Ortiz' MVP status more obvious than during last December's UFC XXIX, when the Californian thrilled a Japanese crowd with a 1:52 romp over top contender Yuki Kondo, which the champion ended via a neck crank submission. For Tito Ortiz, it was a fight that almost didn't happen.

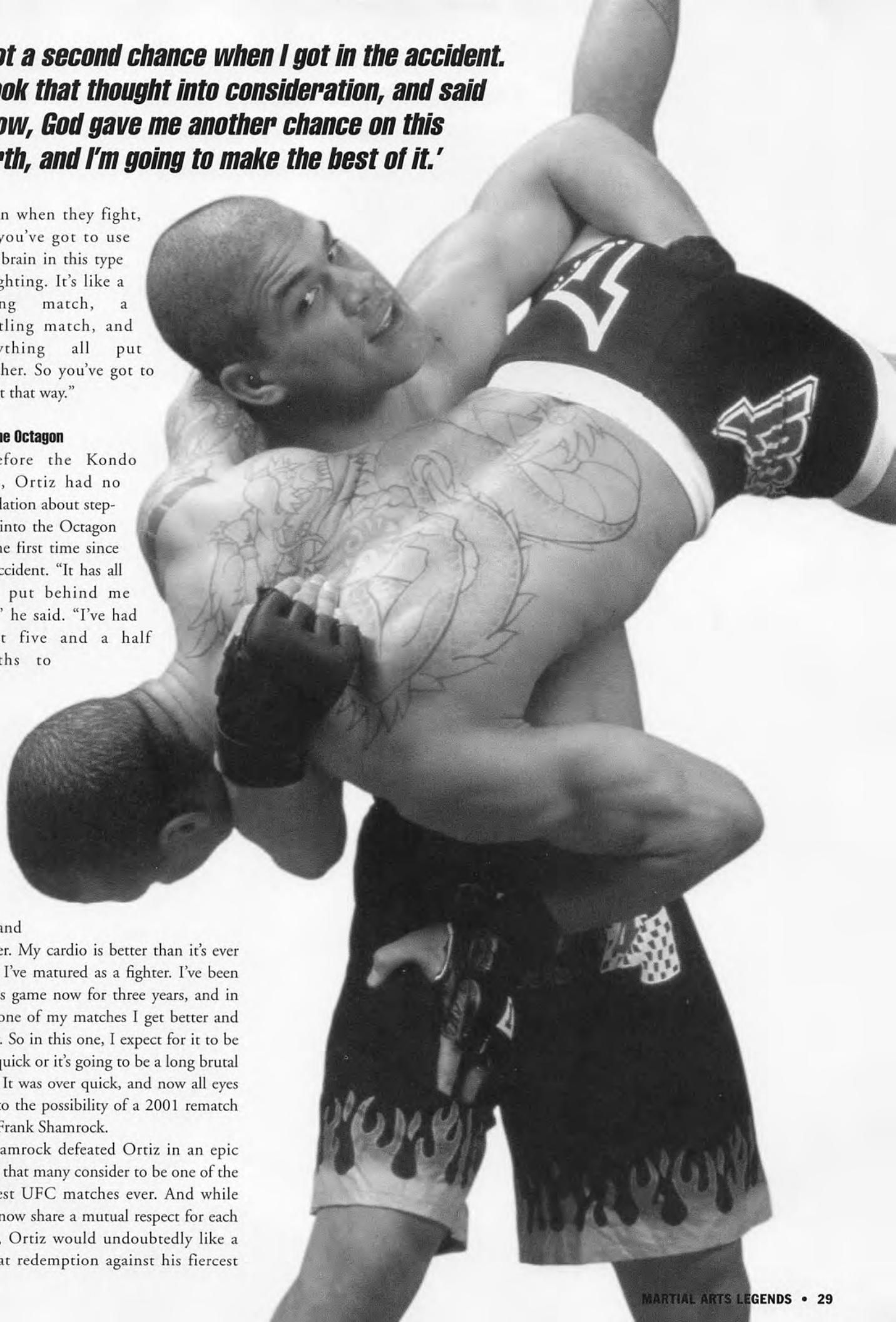
A Bermuda Nightmare

Six months ago, Ortiz and his new bride Kristin, on the second day of their honeymoon, took a moped ride in Bermuda. They were struck by a bus, and Ortiz' life turned upside down. "When I got in the accident, the doctor said me and my wife should have been dead," he remembered. "You could be the toughest man alive, and anybody could take your life." Ortiz, 25, suffered ligament damage to his ankle. Kristin's injuries were more severe. "Five months ago, I thought she was gone. It was the toughest thing I ever had to go through." His wife suffered three broken ribs and four fractured vertebrae in her back, but luckily, she has recovered nicely, and has given Tito a new lease on life as well. "We take a lot of stuff for granted, having someone to watch TV with, someone to yell at you for not taking the trash out. I'm here to make a mark in this world. I got a second chance when I got in the accident. I took that thought into consideration, and said 'Wow, God gave me another chance on this Earth, and I'm going to make the best of it.'

A lot of guys use their brawn when they fight, but you've got to use your brain in this type of fighting. It's like a boxing match, a wrestling match, and everything all put together.

Mentally and physically, Ortiz was on top of his game against the talented Kondo. And he owes it all to preparation. "I watch all the guys I fight," he said. "I make sure I get at least six or seven other fights on tape. I take the scientific side of it; taking people apart, picking their brains, their weaknesses. I see what their strengths are, and I make a game plan. And I try to fulfill that game plan while I'm fighting. A lot of guys use their

I got a second chance when I got in the accident. I took that thought into consideration, and said 'Wow, God gave me another chance on this Earth, and I'm going to make the best of it.'

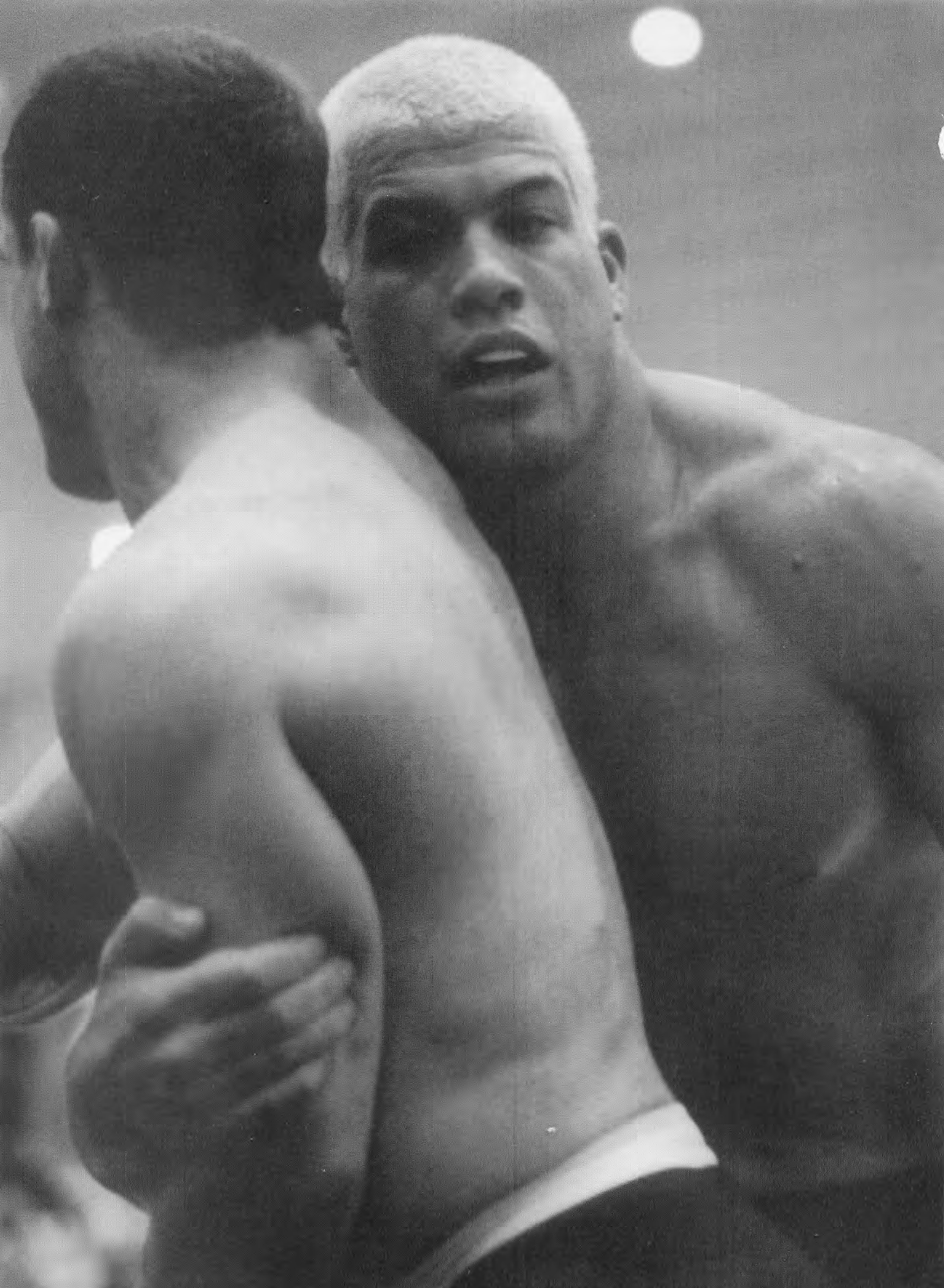


brawn when they fight, but you've got to use your brain in this type of fighting. It's like a boxing match, a wrestling match, and everything all put together. So you've got to take it that way."

Into the Octagon

Before the Kondo fight, Ortiz had no trepidation about stepping into the Octagon for the first time since the accident. "It has all been put behind me now," he said. "I've had about five and a half months to heal and recover. My cardio is better than it's ever been. I've matured as a fighter. I've been in this game now for three years, and in each one of my matches I get better and better. So in this one, I expect for it to be over quick or it's going to be a long brutal one." It was over quick, and now all eyes turn to the possibility of a 2001 rematch with Frank Shamrock.

Shamrock defeated Ortiz in an epic battle that many consider to be one of the greatest UFC matches ever. And while both now share a mutual respect for each other, Ortiz would undoubtedly like a shot at redemption against his fiercest



rival. Shamrock or not, at 25, Ortiz has already made a mark on the world of mixed martial arts, in and out of the Octagon. A two-time state junior college wrestling champion in California, "The Bad Boy" got his chance at the big time when he was enlisted as a sparring partner for the UFC's original bad boy, David "Tank" Abbott. "I was a wrestler in high school, I wrestled in college, and then I started training with Tank Abbott," said Ortiz. "When ultimate fighting first came out, it caught my eye right off the bat. Plus, I watched a movie called *Bloodsport*. There was always a dream in the back of my mind of being somebody, and being one of the best martial artists in the world really intrigued me into doing something about it."

But to be competitive in the UFC, Ortiz needed more than wrestling. "I noticed that people need a lot of technique," he said. "In ultimate fighting, you need to be an ultimate fighter by putting everything together. All of a sudden I started seeing guys who were winning belts and becoming champions, and they had everything in their game. They had the ground game, the standup, the cardio, and so I said, 'I've got to take this sport seriously.'" Tito made his debut at UFC XXIII, and as an alternate, he defeated Wes Albritton in under a minute. An injury gave Ortiz a shot at Guy Mezger in the main draw, and though a controversial loss followed, the California native was hooked.

Straight to the Top

"I automatically made $19,000 in my first fight," he said. "That kind of paid the bills. I also had sponsors that were helping me out. Stanky's XXX, an adult bookshop, was one, and another sponsor was Speedwear. Those guys took care of me. I got my rent paid for, and everything was taken care of. I really didn't have an extracurricular job, so I was able to put myself full-time into fighting. And I knew I could win a world title. That's when I set my dreams of being a world champion. On April 26th I won my first title. I plan on winning a few more. Frank Shamrock has five world titles, and I plan on getting six. One of my goals is to be the best mixed martial artist that ever graced the Octagon. My dreams are high, and I think that I can achieve these dreams."

Ortiz has scored victories over Kondo, Mezger (in a rematch), Jerry Bohlander, and Vanderlei Silva. But to many, Ortiz earned the respect of the hardcore fan with his participation in the Abu Dhabi World Submission Wrestling Tournament. "I just did it for the competitive side of it," said Tito. "Once I got there and started submitting people and stuff, they were like, 'Wow, Tito Ortiz knows submissions.' It was an honor for me. Going back to the *Bloodsport* thing, I was an invite. They invited me to come. They noticed me as being one of the best guys in the world, and they wanted to see what I could do. The Prince came up to me a few times and said, 'You're a tremendous athlete.' And each time I made sure I went up there and tried to entertain him as much as I could. I ended up taking third in my weight, fourth in the absolute, and I stepped back and I said 'Wow, I'm actually pretty good at this type of martial art.'"

"One of my goals is to be the best mixed martial artist that ever graced the Octagon. My dreams are high, and I think that I can achieve these dreams."

Life With Tank

But to be a star, you need an image. Was it tough for Ortiz to break free of the connotations of being associated with Abbott? "It was real easy to get along with Tank," said Ortiz. "But once I went out with him in public, it was a different story. He was not really a sociable person. Once in a while he would meet somebody he liked and he would talk to him. But most of the time he would see somebody and be like, 'The hell with you!' or 'What the hell you lookin at?' and try to start fights with people for no reason at all. I don't need to go out and fight people on the streets. I know what I can do in the ring, and it's better for a person to look up to me and say, 'That guy's kind of cool.' To talk to someone and tell them what it's like to be in the Octagon, and just be friends with people, I have no problem with that at all. Trying to distance myself from Tank, that was no problem at all. All I had to do was just push it aside and say, 'Whatever. I'm me

Continued on page 96

Gladiator Challenge

"The Bear" Claws

By Todd Hester

If it seems that Gladiator Challenge promoter Tedd Williams knows how to put on a fight, there's a reason - he's a fighter himself who knows firsthand what it takes to make an event the fans like and that fighters will enter. The co-promoter on the first three King of the Cage shows, Williams left to pursue a "life-long dream of fighting around the world." With his wanderlust now satisfied he's back with a new show at Soboba Casino that has the backing of the King of the Cage and also local fight fans. "With KOTC now starting to take it's show on the road," KOTC honcho Trebilcock says, "I wanted to help support an event that would give the KOTC fan base a place to go. What better place than Soboba, and what better promoter than Tedd Williams."

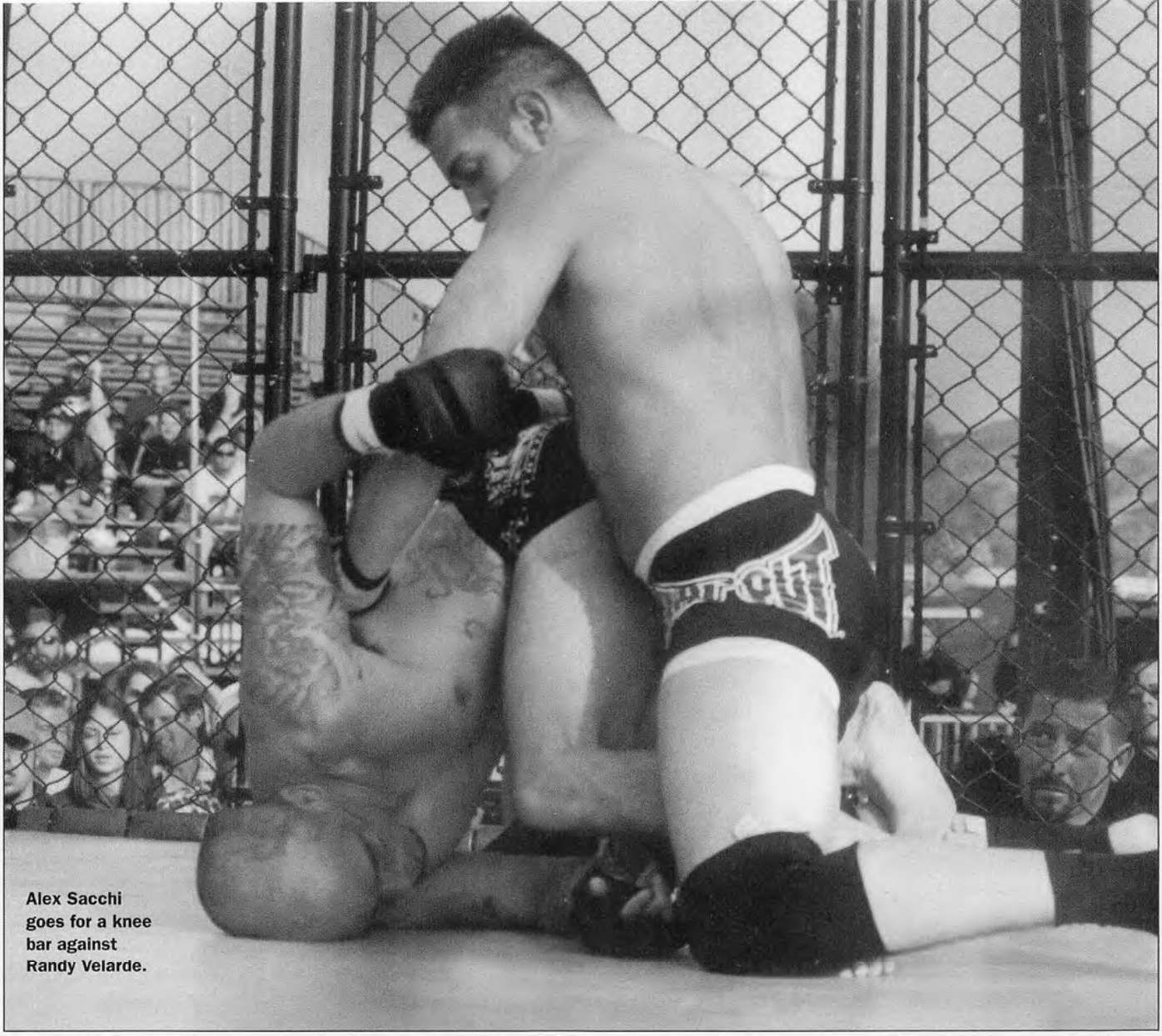
"The weather was right, the fight card was tight, and the bouts lasted into the night."

— post-fight press release

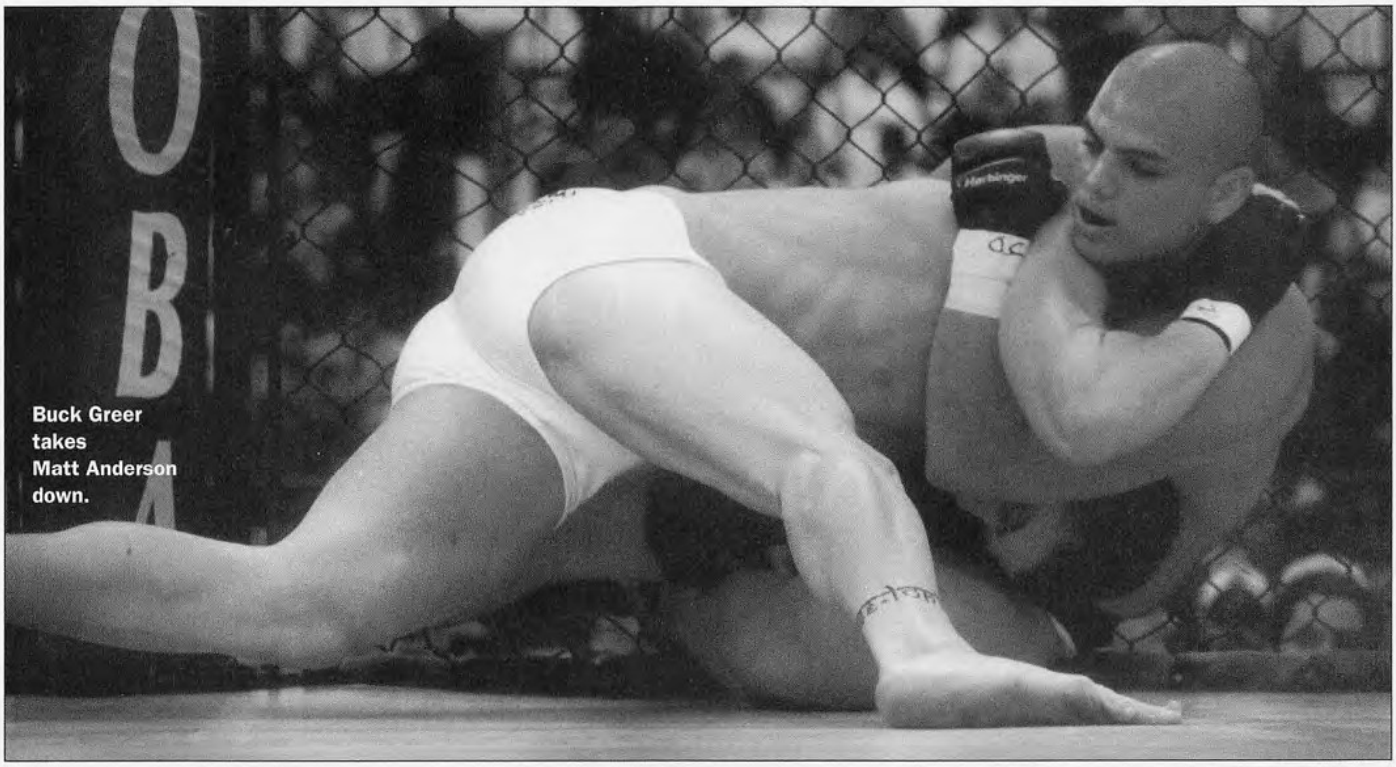
"I really think that this show has unlimited potential," Williams says. "Just like KOTC winners have a very good shot of getting into Pride, Gladiator Challenge winners have a very good chance of getting into the King of the Cage. I really see a lot of synchronicity between the three shows and with 3,500 fans attending our inaugural event, I think it is only going to grow."

Headlining the first show was Mark "The Bear" Smith, out of the Marcus Venicius Beverly Hills Jiu-Jitsu Academy, who was scheduled to fight the ever-elusive Travis Fulton. A very respectable fighter and a crowd favorite, Fulton has gained a reputation for not showing-up for fights at the last minute, and unfortunately that's exactly what happened. Luckily, last minute replacement Danny Tresierras gamely stepped up to the plate and saved Williams the embarrassment of not having a main event. The Bear, however, wasn't nearly as grateful and

Shawn Ramage busting through Ricky Carter's guard.



Alex Sacchi goes for a knee bar against Randy Velarde.



Buck Greer takes Matt Anderson down.

promptly proceeded to beat the living daylights out of Tresierras in short order, forcing the referee to stop the fight.

The rest of the card, while not up to KOTC fighter-quality standards, was filled with very active and enthusiastic "gladiators" looking to make a name for themselves in order to move up to the "big time." If anything, the Gladiator Challenge is yet another example of the grassroots support that mixed martial arts event has in the United States. And with a crowd that exceeded 3,500 for its first show, Williams seems to be building the financial support required to perhaps bring in some money fighters in the future to give the event more prestige.

The event did not lack moral support from NHB's big guns, however, as Ken Shamrock, Vernon "Tiger" White, Pete Williams, "Big" John McCarthy, Tito Ortiz, Fabiano Iha, "Rhino" Mike Bork, and Terry "Two Putt" Trebilcock were spotted among the crowd. With an upcoming show on the calendar for April 8th, expect Williams to attract even more NHB celebrities and bigger and bigger crowds. The big question, of course, is whether or not Williams will be able to match KOTC's biggest success - the KOTC ring girls. Time will tell.

For information about tickets, or to inquire about participating in a Gladiator Challenge show, call Tedd Williams at 760-948-6500, email him at tgrappler@aol.com, or visit www.gladiatorchallenge.com.

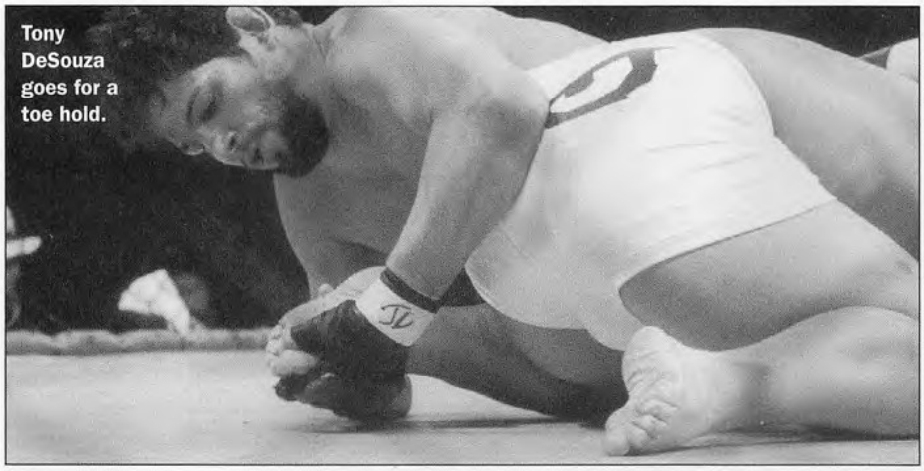
Gladiator Challenge Results

Alexander Sacchi def. Randy Velarde - triangle choke; Shawn Ramage drew Ricky Carter; Doug Grande def. Pele Temparaet - decision; Tim Conrad def. Tony Huecias - armbar; Dave Taylor def. Jimmy Zamura - punches from mount; Buck Greer def. Matt Anderson - punches from the mount; Phillip Miller def. Kurt Rojo - decision; Joe Camacho def. Al Garza - armbar; Jeremy Williams def. Chris Champagne - armbar; Quentin Jackson def. Charlie West - decision; Tony DeSouza def. Kenneth Tanario - toe hold; Todd Lally def. Tony Champagne - ref. stoppage; Eric Pele def. Ernest Henderson - verbal tapout; Mark Smith def. Danny Tresierras - ref. stoppage.

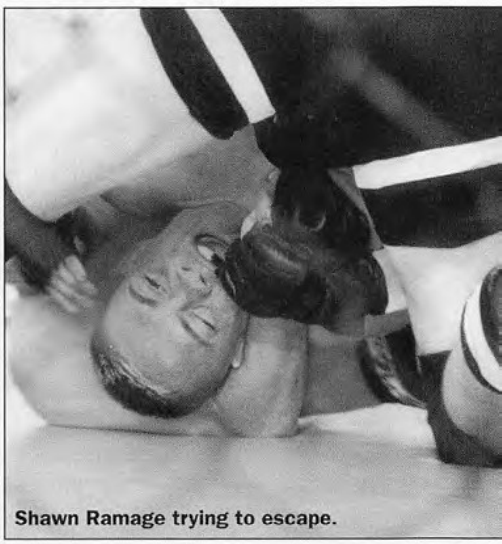
Gladiator Challenge

Charlie West goes for an armbar. Quentin Jackson slams him to escape.

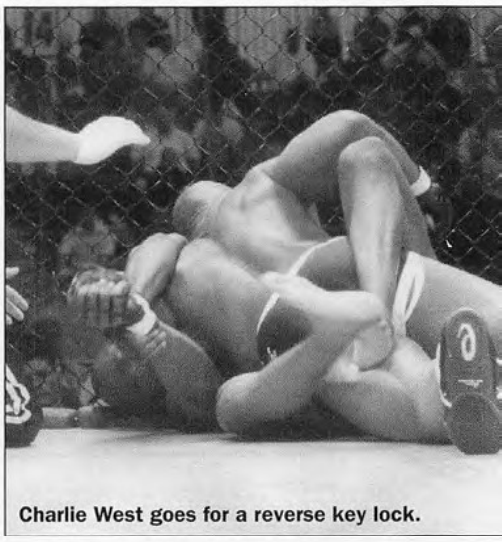
Gladiator Challenge



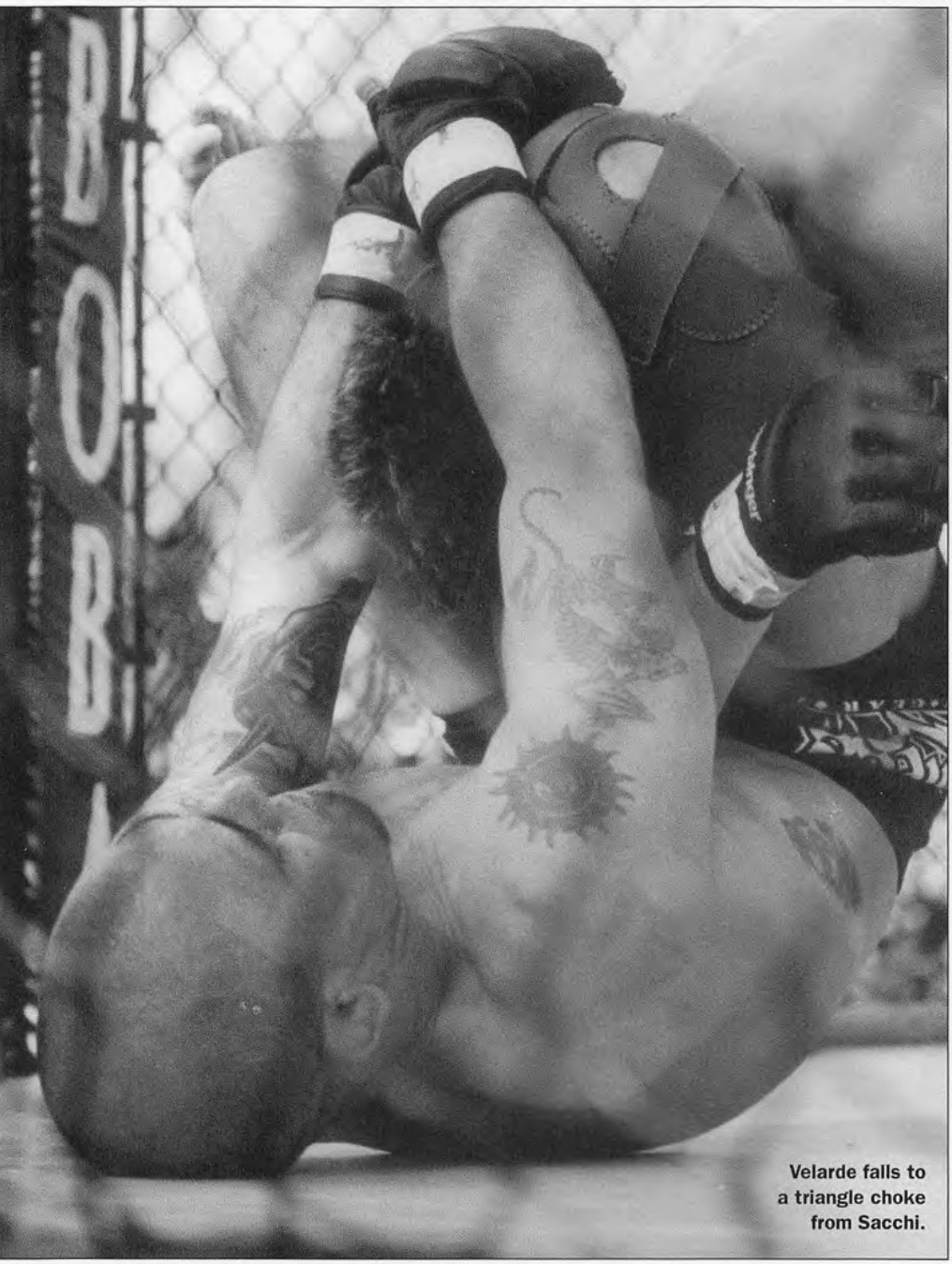
Tony DeSouza goes for a toe hold.



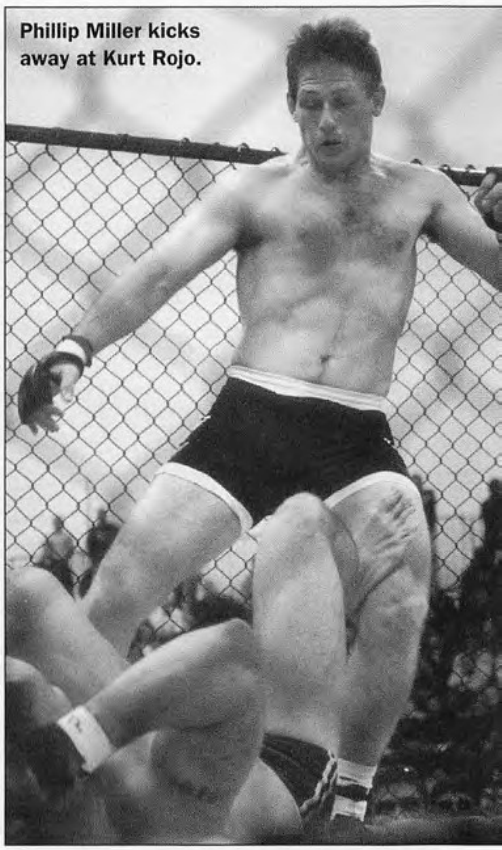
Shawn Ramage trying to escape.



Charlie West goes for a reverse key lock.

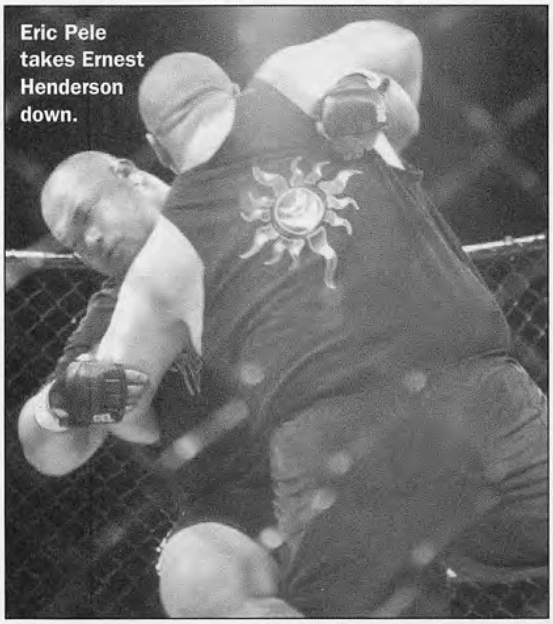


Velarde falls to a triangle choke from Sacchi.

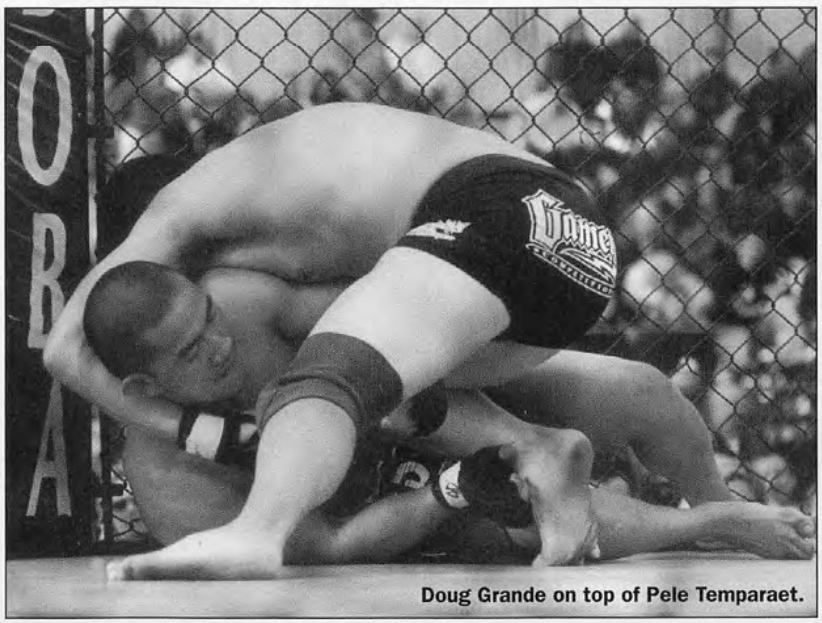


Phillip Miller kicks away at Kurt Rojo.

Ramage almost succumbs to a triangle choke from Carter.



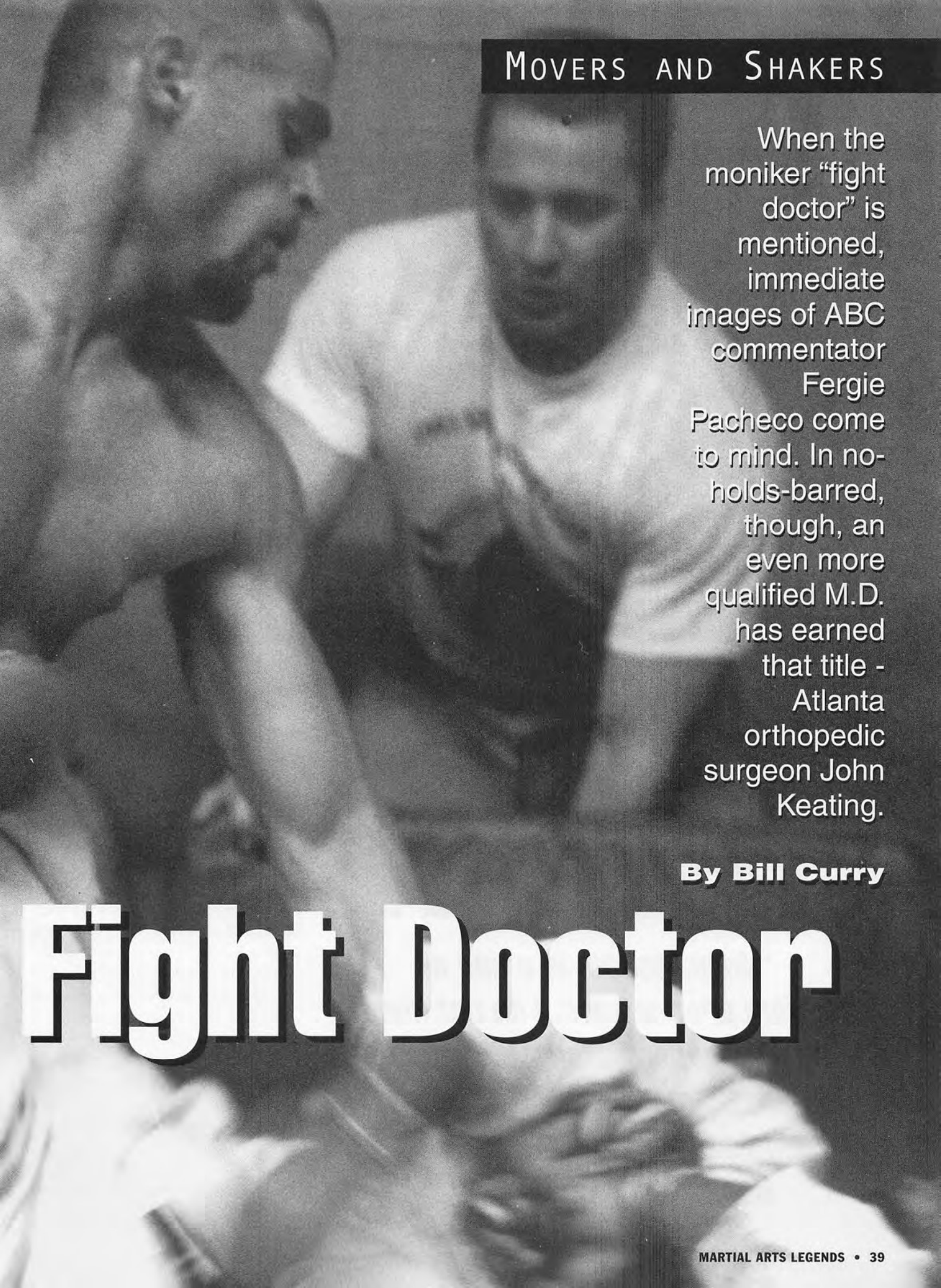
Eric Pele takes Ernest Henderson down.



Doug Grande on top of Pele Temparaet.

Dr. John Keating
The "Reality"

General practitioner Fergie Pacheco, is best known to fight fans for his days as the private physician with the great Muhammed Ali, and later as the verbose and outspoken boxing color commentator on the ABC television network. He is perhaps most famous for providing boxing fans numerous primal scream opportunities as they yelled at the TV set while he often spouted disparaging, misinformed, and inane platitudes about the athletes; this while they got their brains



When the moniker "fight doctor" is mentioned, immediate images of ABC commentator Fergie Pacheco come to mind. In no-holds-barred, though, an even more qualified M.D. has earned that title - Atlanta orthopedic surgeon John Keating.

By Bill Curry

Fight Doctor

"John McCain is a liar of Biblical proportions. I do not know the medical or scientific basis for his idiotic attack on MMA events - and I'm sure he doesn't either because there is none."

pounded to mush in 15 rounds of sanctioned and regulated "safe" combative match-ups of the "sweet science."

The faith of today's fans in fight doctors, and boxing in general, has decreased with every Don King production and with every chewed-on ear, low-blow exhibition, and serious ring injury or long-term medical condition caused by taking repeated blows to the head. Boxers will continue to suffer a plethora of aneurysms, blood clots, slurred speech, detached retinas, and DDR's all under the auspicious of a civilized and regulated sports body - which in reality is com-

Dr. Keating checking out Conan at a WEF event.

prised of corrupt state boxing commissions and self-serving international sanctioning bodies.

As the pundits and detractors rally to ban mixed-martial-arts events, the safety record of NHB has most assuredly been twisted, distorted, and overlooked. Very few knowledgeable medical professionals have come to the defense of this great and growing sport - and those that have come forward have not been given a public platform big enough to overcome the mainstream media bias, ignorance, and prejudice. However, if Dr. John Keating had his way, that would all change.

A fighter, trainer, and competitor himself, Dr. Keating not only talks the talk, but also walks the walk. He is leading the charge to bring facts to the mixed-martial-arts medical safety issue, and is one of MMA's most credible and capable defenders. A board certified orthopedic surgeon, Keating is also an artist, published author, cutting-edge life enhancement scientist, and a Joe Corley tang soo do black belt who has studied Brazilian jiu-jitsu and Russian sombo from some those country's leading martial arts instructors and fighters.

Dr. Keating has performed surgery and rehabilitated such world class athletes as bodybuilder Lee Haney, baseball sensation David Justice, and kickboxing champion Rick Rufus. In addition he has treated scores of no-holds-barred fighters who could not afford medical expenses.. He has been the ringside physician in numerous shows of the UFC, WEF, PKA, local Atlanta "pit fights," and, of course, MARS.

I caught up with Dr. Keating between a trip to have dinner with future Yankee hall of fame pitcher Roger "Rocket" Clemens, the day after the World Series ended, and a trip to Los Angeles to attend a world movie premier with the baseball star himself. Keating had just finished a brutal day at the office where he had just operated on an uninsured HIV-positive crack cocaine addict, who had fallen out of a third story window and broken his hip, torn his knee ligaments, shattered both femurs and splayed both feet after beating his crack-addicted wife senseless. When the unemployed man threatened to sue Keating and then threatened him with bodily harm, the good doctor simply put on a tape of UFC 3 in the treatment room, nodded towards the monitor and said, "I do that stuff." The man quietly submitted to the anesthetic gas. Shaking his head, Keating muttered the words that comprise his personal motto: "Don't let the bastards grind you down."

Q: Is it true that you exchanged shin kicks with the great muay Thai master Pudpoi Noi, just to see what it felt like?

A: Yes. I just had to see for myself if the stories about the Thai fighter's rock-hard shins were true. Once was more than enough. It hurt like hell.

Bad Andy, Good Doctor

Notwithstanding his many medical accomplishments and academic credentials, Dr. Keating can handle himself on the street. As one story goes, the good doctor one took one two intimidating street thugs who cut in line and jostled three elderly women at an Atlanta mall. On another occasion, legend has it that Keating chased down a Hell's Angel who kicked the door of his new SUV, got out at the next traffic light with the intention of getting his name and address for insurance purposes, and ended up putting him to sleep when the Harley behemoth took a swing at him! All he had to say afterwards to his dumb-struck passenger was, "Don't tell me this stuff doesn't work."

Martial Arts Reality Superfights - MARS

Dr. Keating produced what many NHB aficionados view as the best reality fight show ever: The Martial Arts Reality Superfights, or MARS. Those who recall the MARS event will remember how Renzo Gracie knocked out Oleg Taktarov with a kick to the head while on his back; how Carlos Barretto annihilated a former Russian Spestnez special forces soldier in only 40 seconds; and how Tom Erickson pummeled a butt-scooting Murrillo Bustamante for 60 minutes, which led to even the Brazilian purists demanding time limits. The show had added competition incentives for the fighters by awarding $60,000 to the winner, but making the two competitors split the loser's purse in the case of a tie. Although the show was generally considered superior to the UFC due to its novel rules, Senator John McCain, in league with the established boxing community (who were seeking to protect their pay-per-view market share), came along and banned televised, live NHB events. This one single act by McCain set martial arts and no-holds-barred back for years - and it still has not fully recovered.

Q: When you started martial arts training with Joe Corley it was the heyday of the PKA. Who were the "tough guys" in those days?

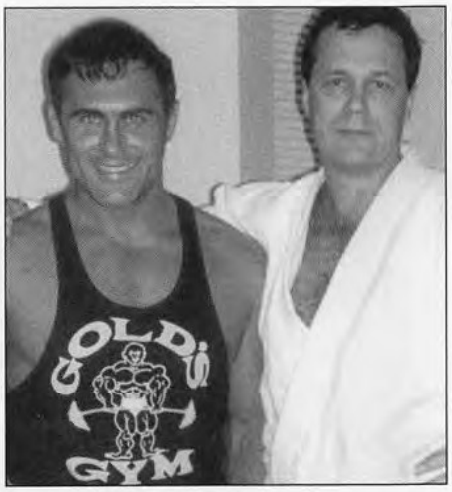
A: I started boxing when I was 5. When I graduated from college I started karate in March 1970 in California, and then moved to Atlanta and studied with Joe Corley, where I got my black belt. There were a lot of bad boys back then - guys like Fred Wren, Jeff Smith, Bill Wallace, Howard Jackson, and Jerry Piddington. Then when the PKA got going and the full contact thing got popular, there was Jerry Rhome, who is the single most gifted and tragic figure in the history of American kickboxing.

Q: I was told that the great American writer William Faulkner actually spent a night at your house in Mississippi when you were a boy. Is that true?

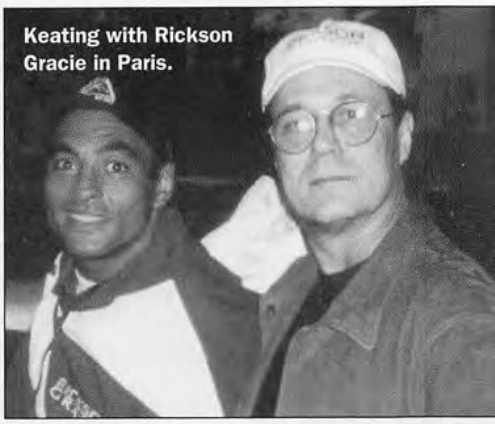
A: William Faulkner was my father's good friend and he stayed many nights in our house, in my room - I spent many a night on the couch.

Q: You brought legendary Brazilian jiu-jitsu instructor Romero "Jacare" Cavalcante, to Atlanta to open a dojo back in 1997. How is that going?

A: Jacare had been in Florida for a while and we were looking for a jiu-jitsu instructor for Atlanta - this was about the time that I was trying to bankrupt myself



Keating with Chuck Norris.



Keating with Rickson Gracie in Paris.

by promoting fights. So I helped a little with the move and with finding suitable space for him. Hes built an incredible school, and he now has serious purple belts who started with him here who can compete at the international level. Of course, he also has Brazilian black belts who teach at the school with him.

Q: You went to Abu Dhabi 2000 and were given a seat by the mat, next to the sheik himself.

A: Actually, the sheik didn't give me that table - it was there and I sat down. But he didn't kick me out either, so I guess that's close to the same thing. It was easily the best seat in the house. The Liborio vs. Oyama fight was great. That

was the fight where Oyama broke Liborio's fingers on purpose and made Liborio extremely mad. So Liborio then got his back, raked his eyes, and choked Oyama out. The Kerr vs. Cachorrinho fight was very, very good - a technical display by a great jiu-jitsu fighter against a much bigger and stronger opponent. And of course there was everybody's favorite match: the Vieira vs. Kerr fight.

Q: What do you believe must happen for MMA to be viable in America in the future?

A: John McCain must be struck deaf, dumb, and blind by a vengeful God. If that doesn't happen, the I believe that MMA will overcome anyway. There are grassroots MMA and submission fights every weekend in every part of the country. Now you've got major commissions like the New Jersey Athletic Commission recognizing the sport. It's simply a matter of time until pay-per-view picks the events back up. Then MMA is in business again, big time.

Q: When did you first hear about Brazilian jiu-jitsu?

A: In the very early '70s I was reading a magazine about this family from Rio who was kicking everybody's butt for 50 years and I was like, "Yeah, right." Then I turned the page and saw photos of them fighting - rolling around on the ground - and I said, "Whoa! This is real!" You see, I had a lot of street fights and I always ended up rolling around on the ground looking like a monkey trying to screw a football without the slightest idea of what to do. So I started trying to find the Gracies in the early '70s.

Q: You were responsible for arranging Rickson Gracie's first European seminar in Paris in 1996. What was that like?

A: Actually Guy Mialot arranged it. I just came to it and watched Rickson tap - and I'm talking about pure spanking - 25 of the best and toughest European Olympic wrestlers, judo players, and traditional jiu-jitsu players on after another. This had to have been the biggest seminar in jiu-jitsu seminar in history - there were over 500 people there. It was impressive to say the least.

Q: You conceived, produced, and funded MARS. How do look back on that?

A: It was a great idea and a lot of fun. Unfortunately, it damn near broke me. But that's another story. I'd have been better off buying a Lear jet and flying to other people's fights and paying for front row seats for me and all my friends - I would have saved a lot of money by doing that. But I wouldn't have gotten to know Renzo Gracie if I hadn't of put it together, so maybe it was worth it.

Q: Senator John McCain described NHB as a "barbaric blood sport." As board-certified orthopedic surgeon, how do you respond to that?

A: John McCain is a liar of Biblical proportions. I do not know the medical or scientific basis for his idiotic attack on MMA events - and I'm sure he doesn't either because there is none. I assure you that his attack involves either money or sex - the only two things that matter in life - and I can't see how sex was involved. It is utterly preposterous to suggest that MMA events are 1/100th as dangerous as NASCAR stock car racing; hell, five people died this year in that. Statistically speaking, high school football, college gymnastics, and pro football are all more dangerous - and that's just the short list. I could go on and on. The comparison to boxing is the most laughable. Mixed-martial-arts simply do not get the types of repetitive trauma cranial injuries that you get in boxing.

"It is utterly preposterous to suggest that MMA events are 1/100th as dangerous as NASCR stock car racing; hell, five people died this year in NASCR. Statistically speaking, high school football, college gymnastics, amateur boxing, pro football, and probably golfing in a thunderstorm are all more dangerous - and that's just the short list. I could go on and on."

So John McCain put the bite on MMA for one of three reasons: (a) It's dangerous - well, we know it's not; (b) He doesn't like it - well, he admitted he'd never seen it; (c) He was paid, somehow, to kill it - who knows. Actually, he may have been paid in power since I think in his days of presidential aspirations that he imagined that he was going to be made some sort of czar of a national boxing commission and felt that attacking MMA would give him a leg up.

Q: Anything else you'd like to pass along?

A: Let me correct one rumor you mentioned before we started. The biker I choked out in the street fight was, in fact, a bicycler, not a Hell's Angel, and he had a pacemaker. Honest to God, I choked out a guy with a pacemaker. And damned if I didn't hold him a little too long and he went into seizures! Turns out I knew the guy, too - he was a kenpo black belt. By the way, just for the record, it's a lot harder to escape a choke if you have a bicycle helmet on.

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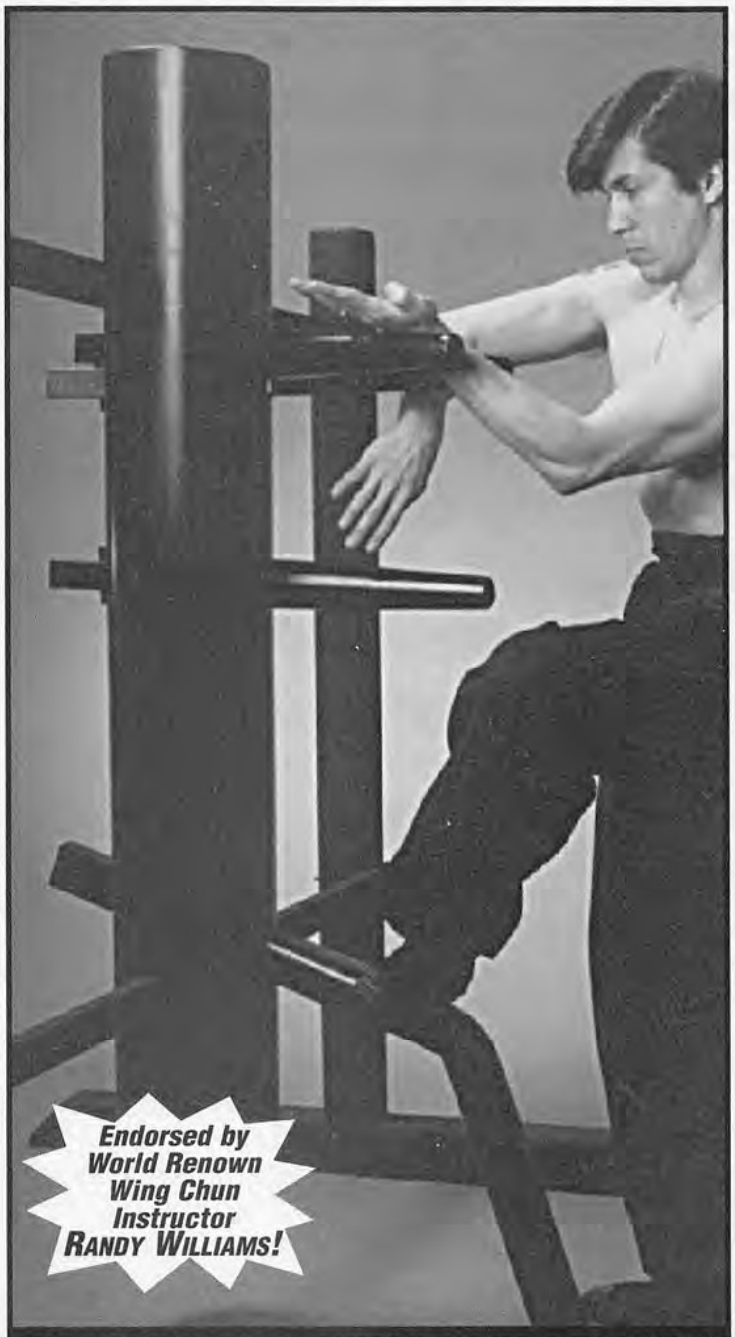

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Story and photos by Todd Hester

Four Can't-Miss Defenses Against the Standing Grab

Get a

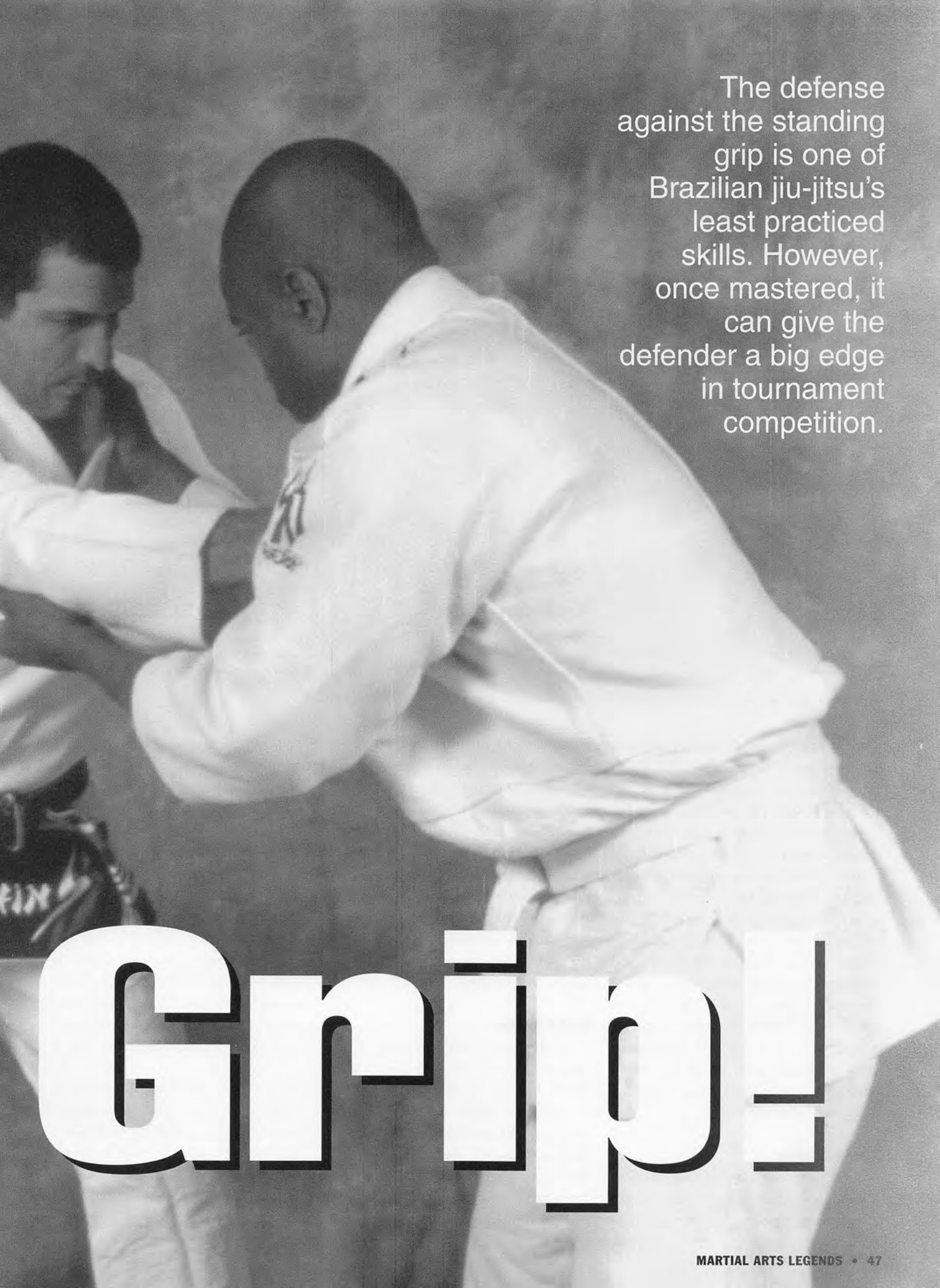
According to Beverly Hills Jiu-Jitsu instructor Marcus Vinicius, Brazilian jiu-jitsu players have historically neglected practicing attacks and defenses, with and against, the standing grip. Part of the reason, says Vinicius, is that BJJ sparring traditionally starts from the knees, so the students get used to simply clinching from a knees-down position and initiating all moves from there. Another reason is that because BJJ is oriented 80 percent towards mat work and 20 percent, at best, on standing throws and sweeps, it is not a skill that is emphasized. Perhaps yet another factor is that BJJ has always been associated with *vale tudo*, or "anything goes" matches, and the punch was considered the best defense against a close grab.

Sport Jiu-Jitsu Replacing Vale Tudo

"It used to be," Vinicius says, "that because of Royce Gracie and the UFC most people in the United States identified and practiced Brazilian jiu-jitsu almost exclusively for street combat, self-defense purposes, or for *vale tudo* fighting. However, since the explosion of popularity in the United States of BJJ, numerous Brazilian black belts have moved north, set up schools around the country, and started having and emphasizing sport jiu-jitsu tournaments. Tournaments afford normal, working students, who train jiu-jitsu to stay in shape and for fun, an outlet to test their skills that doesn't involve trading head butts with Tank Abbot! Whatever the reason, standing grips are definitely a weak part of the BJJ game. This is especially true when compared to Kudokan or Olympic judo."

Judo's Standing Advantage

Vinicius maintains that judo attacks typically start on the feet, and while mat



The defense against the standing grip is one of Brazilian jiu-jitsu's least practiced skills. However, once mastered, it can give the defender a big edge in tournament competition.

Grip!

Same Side Lapel Grab Defense
Facing Grappling Magazine editor-at-large, Eugene Robinson (1), Marcus Vinicius is grabbed by the lapel (2). Reaching forward (3), he traps Robinson's wrist against his stomach (4), and twists his body inward, sending Robinson to the ground (5).

work is involved, the judoka's primary goal is to go for an *ippon*, or "full point" throw - the judo equivalent of a boxing K.O. Because of this emphasis, judo has a wide variety of attacks, counters, and defenses against standing grips, all designed to off-balance an attacker, thus opening them up for a throw. Vinicius says that combing these standing grip skills with Brazilian jiu-jitsu's wealth of strong ground-control positions and numerous submission moves can give a Brazilian jiu-jitsu player a big edge in a tournament. "Standing skills," Vinicius points out, "can provide the top or mount position early on in the match (and substantial points) or can even lead to a quick submission.

Stand and Deliver

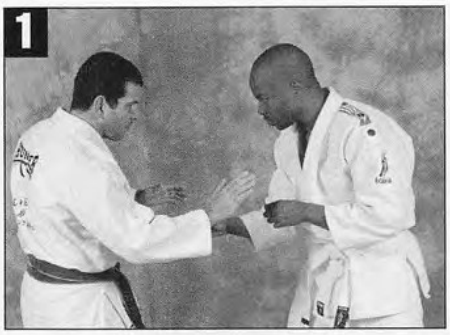
Contrary to most Brazilian jiu-jitsu instructor's experiences, Vinicius began his martial arts training in Brazil as a judo player, earning his black belt and several championships. He then "converted" to BJJ, earned his black belt, and became a world champion in that. This "backwards" approach which helped him to learn the importance of the standing grappling game was also aided by the fact that he actually went to the Kudokan (the *honbo* or "mother" dojo) in Japan to study at the birthplace of judo. "I know firsthand how effective judo grips and throws are," he says.

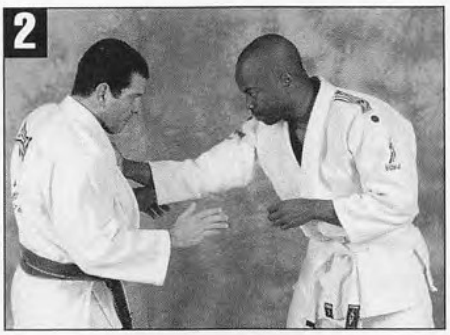
Basic Principles

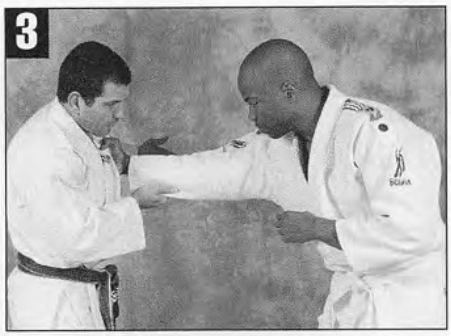
Early move recognition, quick response, good feet movement, and a strong base are all skills that will help jiu-jitsu players execute successful grip counters. While all are important, the most essential of these factors is early move recognition. When a grip is attempted, it is important to move or counter immediately. In judo, if you let your opponent get a secure grip on you, the next move is to go up, up, and away and get some frequent flyer miles. You can't wait to see what your opponent will do with the grip, you have to see it coming and then deny it.

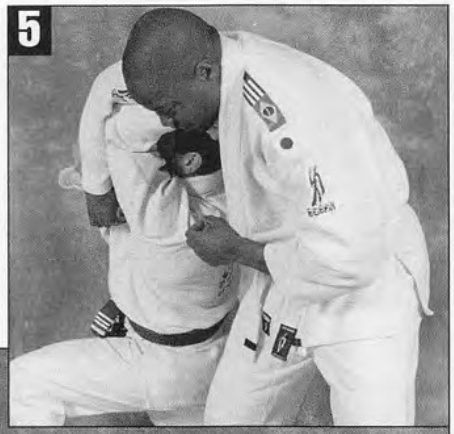
Once the move is denied you have to have a quick response to move into the counter. There is a very small window of opportunity in which to attack. If you let your opponent move away, reset themselves, and then come in again to re-grip, then you're back to square one. Once you start the counter remember to move your feet and hips, not just your arms. Your feet are not nailed to the floor. Often, a half-step forwards, backwards, or to either side will be the difference between executing your move or missing it entirely. You have to be mobile.

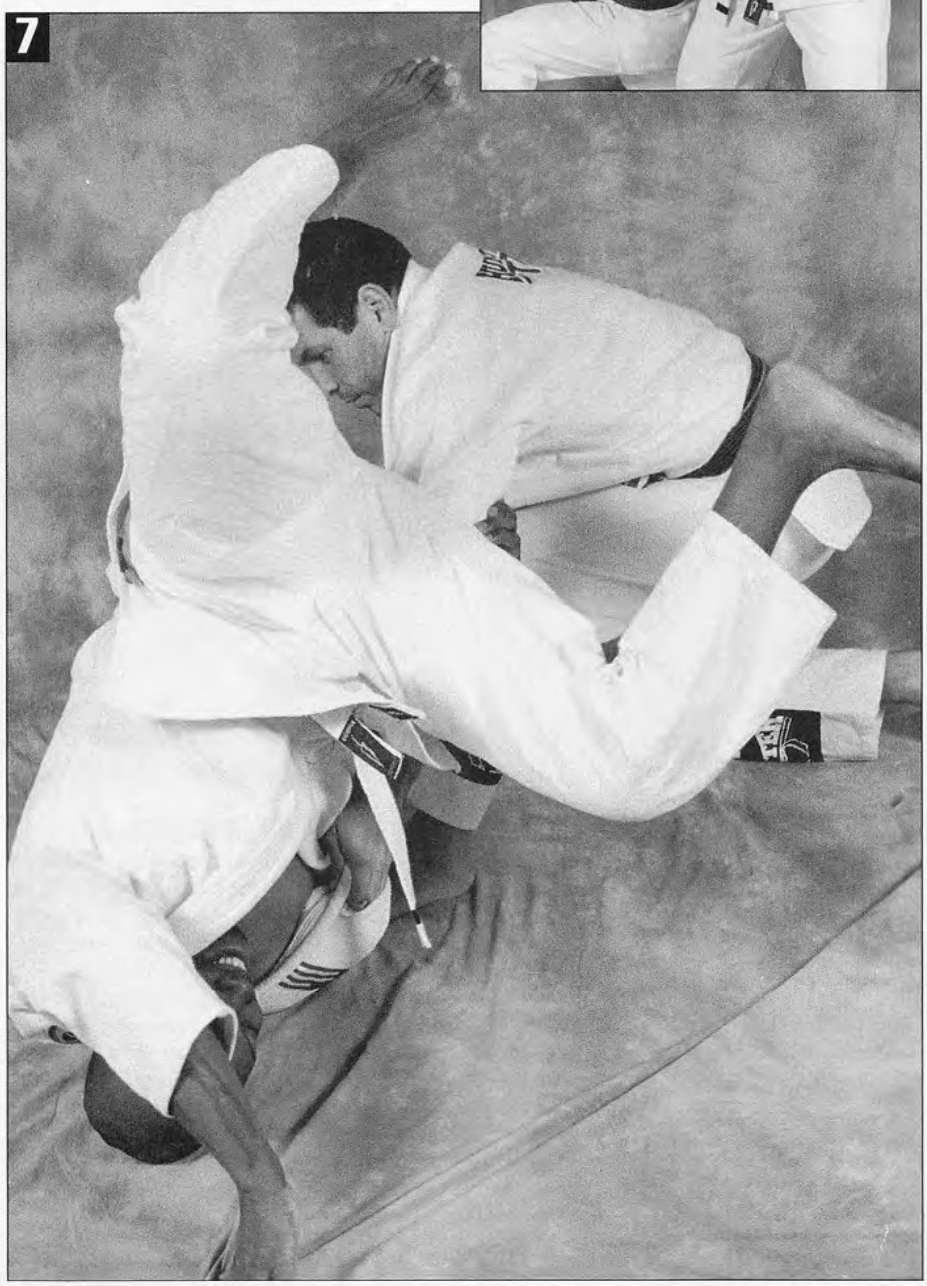
The final aspect is your base. If you stay in base, even if you miss the counter,

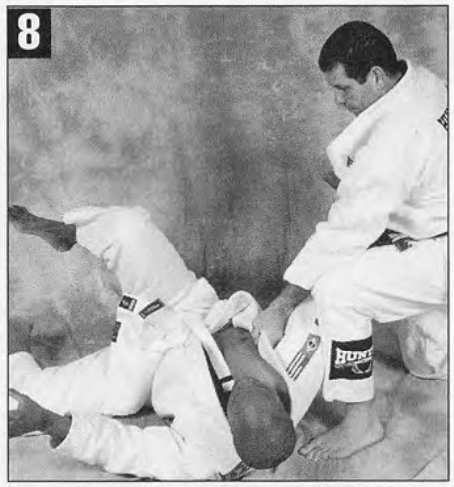






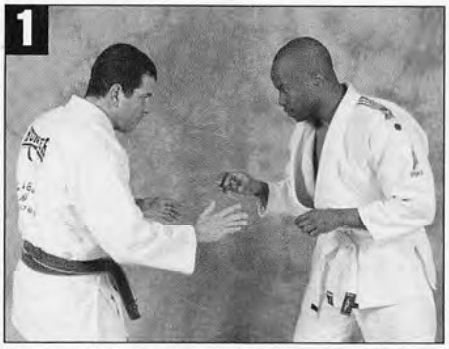


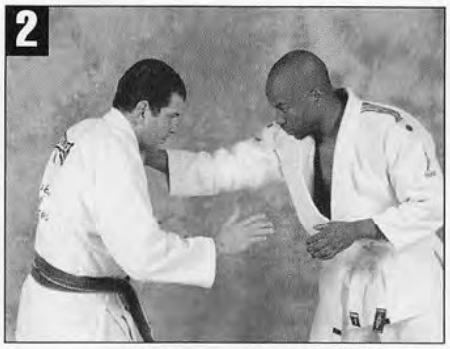


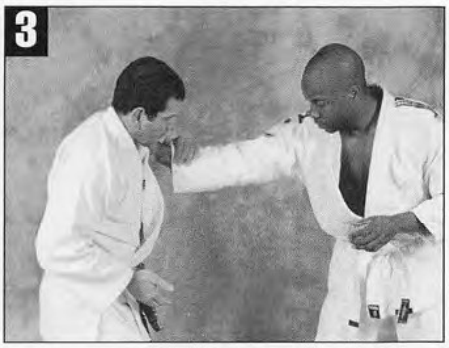


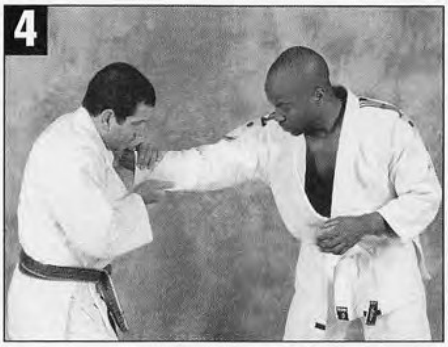
Lapel Grab Defense to a Throw

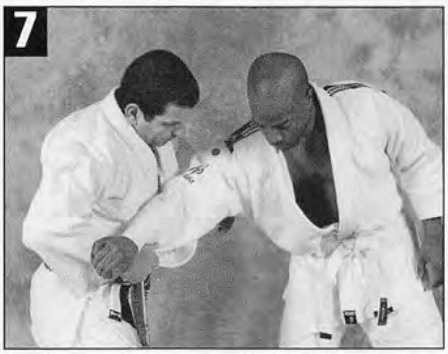
Marcus Vinicius faces Grappling Magazine editor-at-large Eugene Robinson (1), who does a same-side lapel grab to his gi (2). Vinicius counters by grabbing the bottom of Robinson's gi (3), then reaching over to grab Robinson's collar (4). Spinning underneath Robinson's arm (5), Vinicius executes a forward throw (6), turns Robinson over (7) and secures him on the ground for a successful takedown (8).

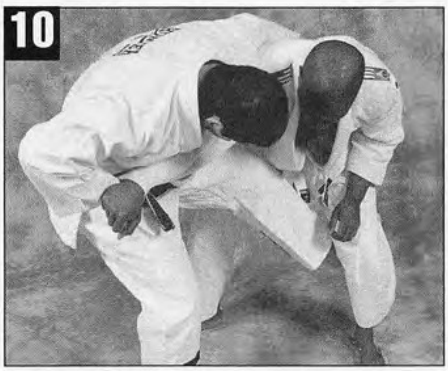


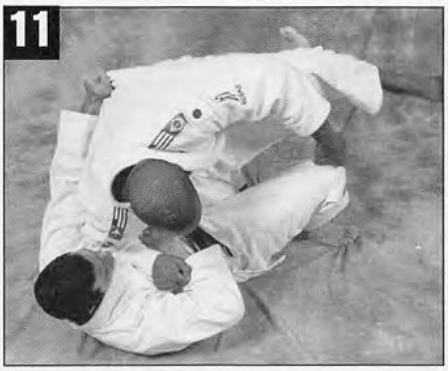


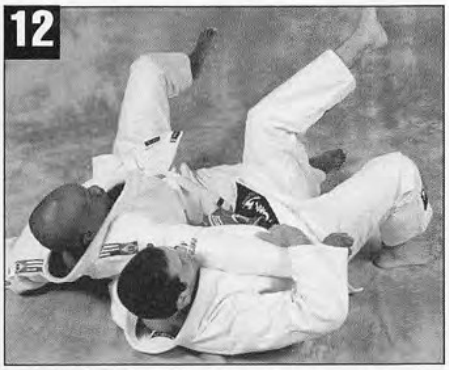












Lapel Grab Defense to an Arm Lock

Facing Grappling Magazine editor-at-large Eugene Robinson (1), Marcus Vinicius is grabbed by the lapel (2). Securing a single-hand top grip (3), Vinicius then moves his hand under the arm and grabs the sleeve (4). Straitening his back to create more distance and get better leverage (5), Vinicius thrusts his arms downwards and breaks the grip (6). Pulling Robinson forward to break his base and off-balance him (7), Vinicius then circles his off-arm behind Robinson's back (8), applies pressure to force him downwards (9), hooks his back foot inside Robinson's knee (10), and then leans back throwing Robinson to his side (11). Releasing the hook and tightly holding Robinson's arm against his chest (12), Vinicius then throws his leg over Robinson's waist and raises his hips to apply a painful arm bar (13).

you can still recover, move away, and reset. However, if you attack wildly and let yourself get out-of-control, then your opponent can throw the weakest attack at you and send you tumbling. What constitutes a good base? Keep your knees slightly bend, your shoulders over your hips, and your feet spread at least shoulder-width apart.

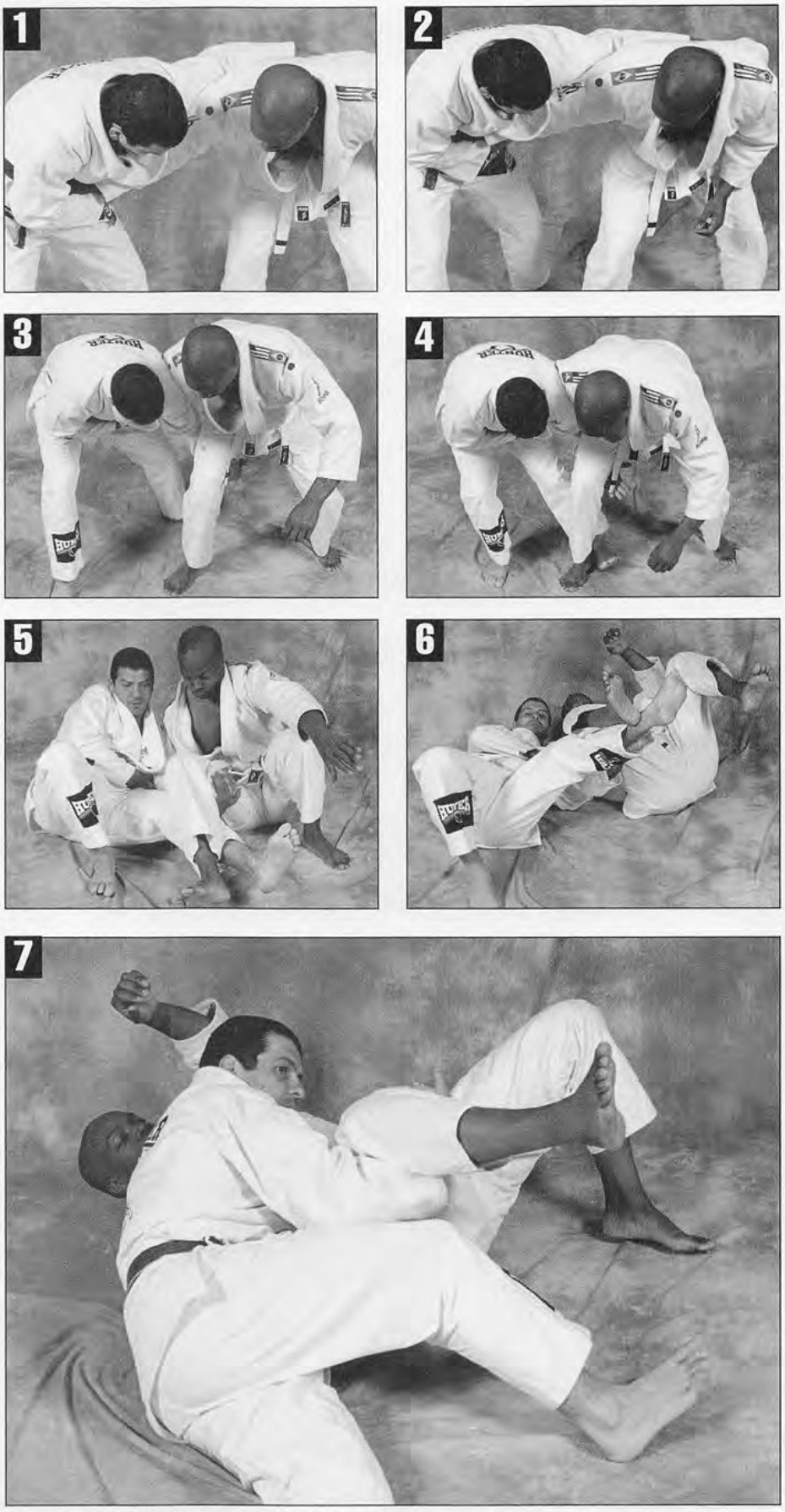
Practice

Plan on spending a lot of mat time in the studio or dojo if you want to master good stand-up counters. Spend time on your feet having your training partner come in and secure a grip. Once you go to the ground, then break, come back to your feet and then go again. Every sparring session doesn't have to end in a death match. You don't have to go to submission each and every time you grapple with an opponent. Go lightly and slowly, until you're comfortable with the move and then increase the intensity and the pace. Pair up with a training partner who wants to train not brawl - it is, after all, called "practice."

Conclusion

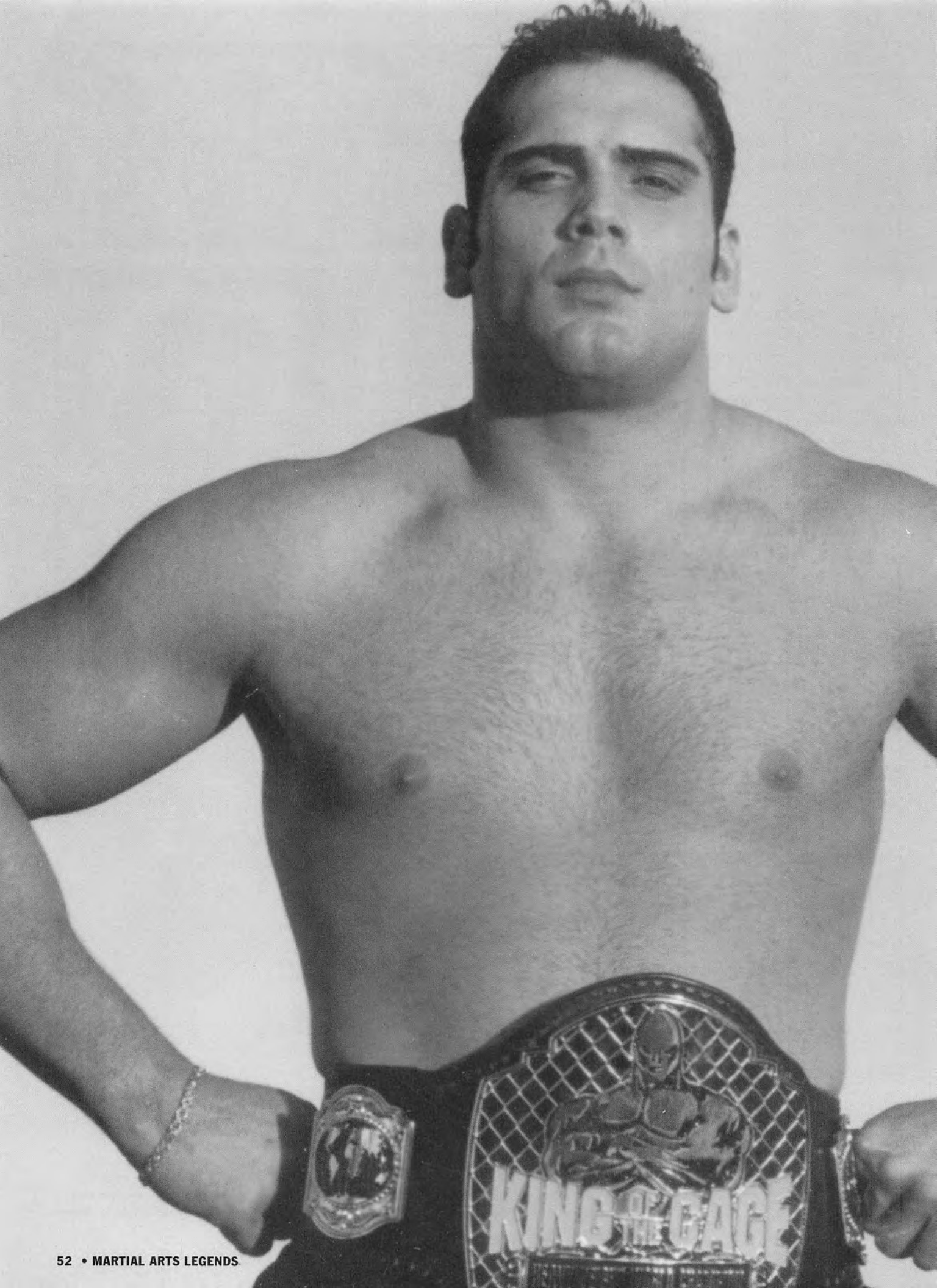
"There are no secret weapons in martial arts," Venicius says. "There are only so many ways the human skeletal frame can be bent, twisted, and jammed. For that reason, many martial arts have similar techniques - an arm lock is an arm lock is an arm lock." According to this judo man turned jiu-jitsu player, what will set you apart in the successful application of stand-up grappling defenses is your willingness to train consistently, pay attention to detail and position, and follow solid basic principles. Then the next time someone grabs you in a tournament and tries to give you a free ride on "Air Brazil," you'll be able to clip their wings and cancel the flight.

Black Belt Instructor Marcus Vinicius is the owner of the world famous Beverly Hills Jiu-Jitsu Academy in Los Angeles, California. A judo and Brazilian jiu-jitsu black belt, he is 2000 World Masters Champion in his weight class. He can be contacted for Southern California classes or nationwide seminars by calling 310-854-3041.



Lapel Grab Defense to Side-Control

(1) Vinicius circles his off-arm behind Robinsion's back (2), applies pressure to force him downwards (3), then moves his arm off the back and reaches [inside Robinson's back and grabs behind the knee (4). Hooking his near foot behind Robinson's ankle (5), Vinicius sits back and throws Robinson's leg upwards to take him over (6), and then rolls inside to secure side control (7).


KING OF THE CAGE

Ricco Rodriguez

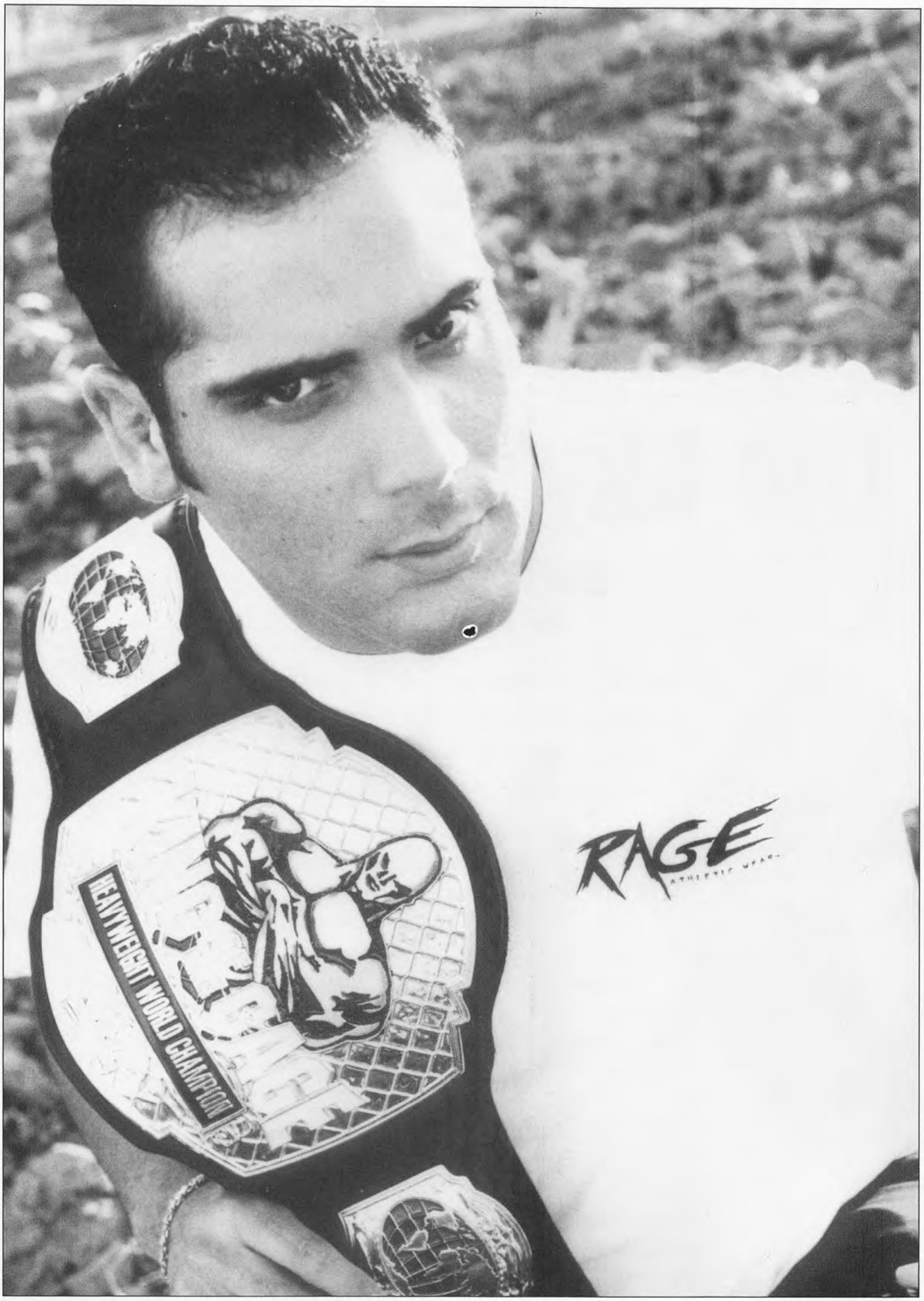
The Sky's The Limit

PART II

By Bill Curry

Confident, motivated, and willing to pay the price for success Ricco Rodriguez has his sights set on Abu Dhabi, the Pride Gran Prix, and a friendly showdown with training partner Mark Kerr.

From a beginning in New York high school wrestling, Ricco Rodriguez made his way to Southern California and built upon his basic ground skills by training submission with Eric Paulson first, and then the Machado brothers. Winning Abu Dhabi in his first appearance, Rodriguez was "discovered" by King of the Cage, becoming its heavyweight champion by beating Travis Fulton. Catching the eye of the Pride Fighting Championship with that victory, Rodriguez signed a multi-year fight deal and moved to Arizona to train with "The Specimen," Mark Kerr. Now well-known in Japan, where he keeps an apartment, Rodriguez is living a mixed-martial-artist's dream by training full-time, facing top-notch opponents in front of tens of thousands of live fans, and regularly appearing on Japanese pay-per-view and DirectTV in the United States. But with the fame also comes the responsibility to remain true to your own ideals. Will success spoil Ricco Rodriguez? To anyone who really knows him, the answer is crystal clear.


HEAVYWEIGHT WORLD CHAMPION
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Q: What is the hardest part about fighting?

A: I would say the mental preparation. Just keeping your head on straight and not getting caught up in all the he said/she said hype and BS. Mark Kerr used to be really standoffish and very quiet and not return my calls. And I'd say, "You know, that guy's really rude." But then as time went on and a few years passed, and I got more into the fight game, then I could see where he was coming from. He wasn't being rude, he was just trying to preserve his time, his space, and his privacy.

Q: Do people treat you differently now?

A: It took me some time to come to grips with who I am now. I used to be treated just like any regular guy, you know? Nothing special. And that's still how I want to be treated and how I want to treat other people. But in reality, I will never be just Ricco again. My name will always be mentioned in relation to Pride, King of the Cage, and who I've fought. And because I'm only 23 years old and plan to keep fighting for at least another 10 years, I know I'd better get used to it and come to terms with it.

"I used to be treated just like any regular guy, you know? Nothing special. And that's still how I want to be treated and how I want to treat other people. But in reality, I will never be just Ricco again."

In Japan, of course, it's a little bit more intense for me because they broadcast pay-per-view events live and the fights are reported in the newspapers like baseball or football. But I do plan on coming to the U.S. more and competing here regularly because I want to get name recognition here as well, because NHB is growing here so quickly.

Q: Everyone knows you for your grappling, but do you have a striking coach?

A: I train with a coach out of Houston, Texas. He's been working on my hands and my feet, and so everything has been coming together in that area. In my last fight, 50 percent was on the feet and I dominated with heavy blows. So, my stand up has definitely been catching up to my grappling. It's not as good as my grappling, but it's catching up.

Q: Is it true that you got heel-hooked at a Machado submission tournament?

A: Yes, it's true. I had just gotten back from Japan and Jean Jacques came to me

Ricco on the attack against Barretto at Abu Dhabi 2000.

just as I got off the plane at 8:00 a.m. and asked me to fight at 3:00 p.m in their superfight. Out of respect for him I agreed. I had gotten hurt a week earlier in training but I hate to make excuses so I just did it. As far as what happened in the match, I just made a careless mistake, got caught, and then paid for it. I didn't want to fight out of the hook and risk getting hurt for Pride, so I just tapped. No excuses - I got caught. Everyone gets caught in training - which is how I viewed this match. That's all there was to it. I honestly didn't give it much thought and don't mind talking about it.

Q: What do you think about Sakaraba?

A: A great fighter with unbelievable talent. What makes him get in and do the things he does against the great fighters is his heart - he's got unbelievable heart. He doesn't understand losing, so his mental game is verytough. The mental aspect of this game is the most important. Once you've got your mental game down, you're the man.

Q: What are your immediate fighting goals?

A: I'm really concentrating on Abu Dhabi. I want to win the absolute class and I want to win my weight class. Then I want to fight Mark Kerr in a superfight in Abu Dhabi 2002. I train with Mark and I have such great respect for him that for me the ultimate fight is to face him. But I can't let myself look too far ahead. That's dangerous. I've got to make it through eight men at Abu Dhabi in 2001 before I do anything else. Then if that goes well then I can move on to other things. I just want to win what counts. I don't really care about all the small stuff because I want to keep my focus on the major events. Mentally, you can get distracted if you're not careful.

"I'm really concentrating on Abu Dhabi. I want to win the absolute class and I want to win my weight class. Then I want to fight Mark Kerr in a superfight in Abu Dhabi 2002. I train with Mark and I have such great respect for him that for me the ultimate fight is to face him."

Q: What do you think about mixed martial arts being banned from American cable?

A: I don't think it's fair and I think it's unconstitutional. It's against our rights. Why can't we have our fights on cable, which are refereed, have rules, have sanctioning bodies, and is legal in certain states. Why not? You can watch Mike Tyson get $40 million to bite somebody's ear off and he wouldn't last two minutes in mixed-martial-arts fight against any top guy.

Q: So you think boxers are overpaid in comparison to mixed fighters?

A: I think its pretty obvious. In reality there should be a union for fighters that sets rates based on net receipts or something quantifiable and that makes sure fighters don't get ripped off. The sad reality in the U.S. is that many really good guys fight for free. Take a stud like Jason Jones, or a dynamite fighter like John Marsh - they're fighting for $250 in feature matches in the U.S. That's wrong. I wouldn't want to fight either of them unless it was for good money.

The thing is, there's a lot of guys like them who are starving and who want the opportunity to fight and they'll take a fight for $1,000 or less to build a record. So they a fight on the cheap and win, but in the process they get a tooth knocked out. The promoter has insurance but it is only good if you get killed. So when you talk to him he says, "Hey, I'm sorry kids, you're going to have to fix your tooth out of your own pocket. Call me when you're back in action." And that's the cold, hard way it is for a fighter in the U.S - you

Facing an opponent in the guard (1), Rodriguez fights the neck crank (2), breaks the grip (3), and pulls him in tighter (4). He then slides to the side (5), and passes his legs over the head (6). Rodriguez finishes with an arm bar (7).

make a thousand then you pay five thousand for dental work. And it's even worse if you lose!

So I think a union needs to be started. I think people have to be contacted, and meetings have to be set. I think you're going to see it with the first-generation fighters who retire.

The bottom line, of course, is that it's a numbers game, and until we get mass exposure for the sport, the fighters will never get a fair shake. But in a sense, the fighters are being self-destructive and take fights for too little money. I think that needs to stop. But I admit that it's hard to tell people not to go and make money because $500 or $1000 dollars is a lot of money for some people - it's a lot of money for me. A guy fights once a month and he thinks, "Hell, I'm making $12,000 dollars a year." But in reality the fight promoter is walking out with $50,000 per show and he's not taking care of the guys who did all the work.

Q: So how do you deal with this? Do you have a manager?

A: I have a couple of people that I trust that I'm working with. But I have one person directly promoting me - Bud Brutsman of the King of the Cage. He's a friend of mine and he's helping me to work deals to fight in every big-name show I can. I think that if I limit myself to fighting for just one show, I'm not going to explore all my potential. But you can only do so much because of the politics of the sport. I get told all the time that if I fight for this show, then I can't fight for that show, and so on. I understand, to a certain extent, that an event has to protect their investment, so there is

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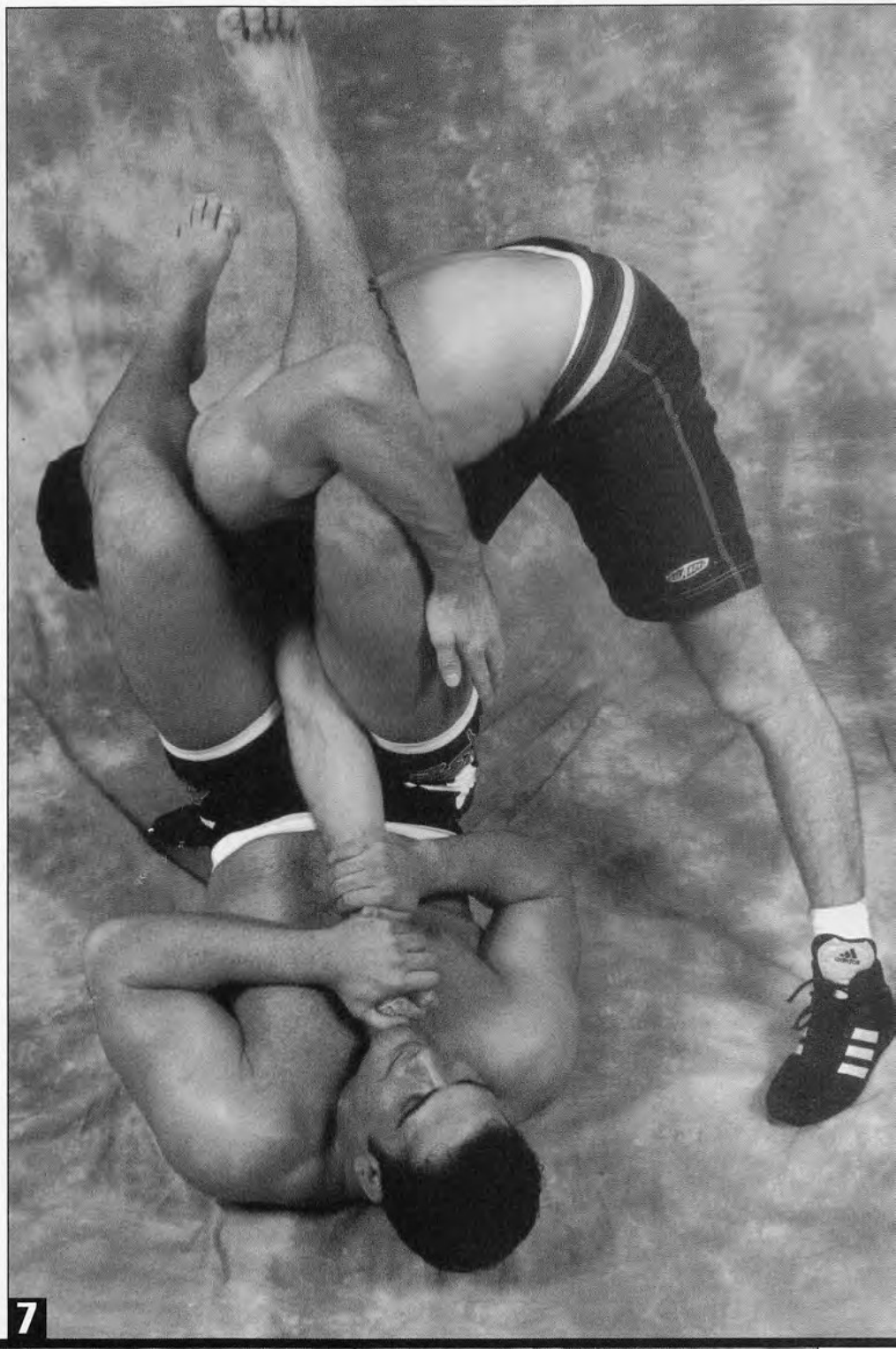
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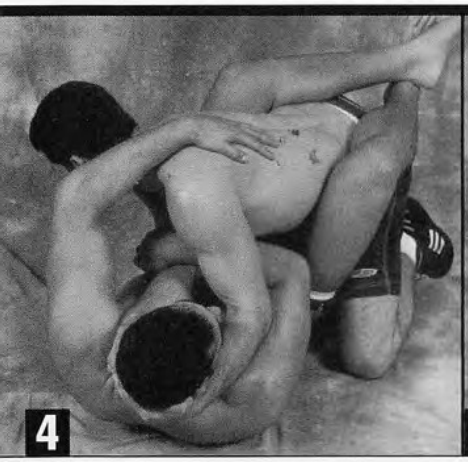
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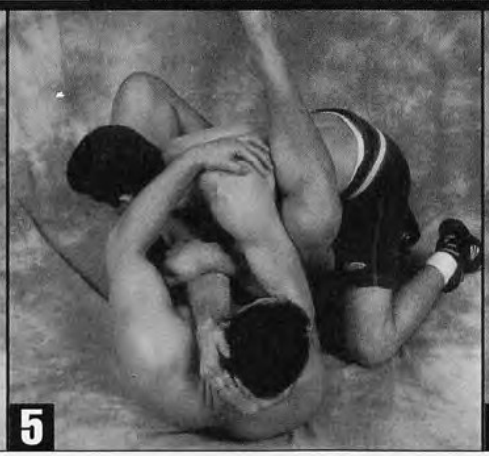
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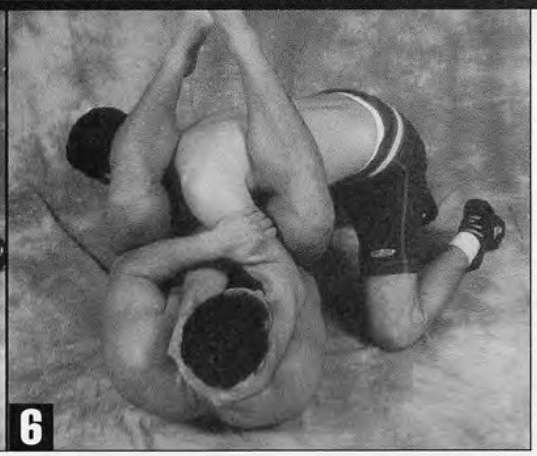
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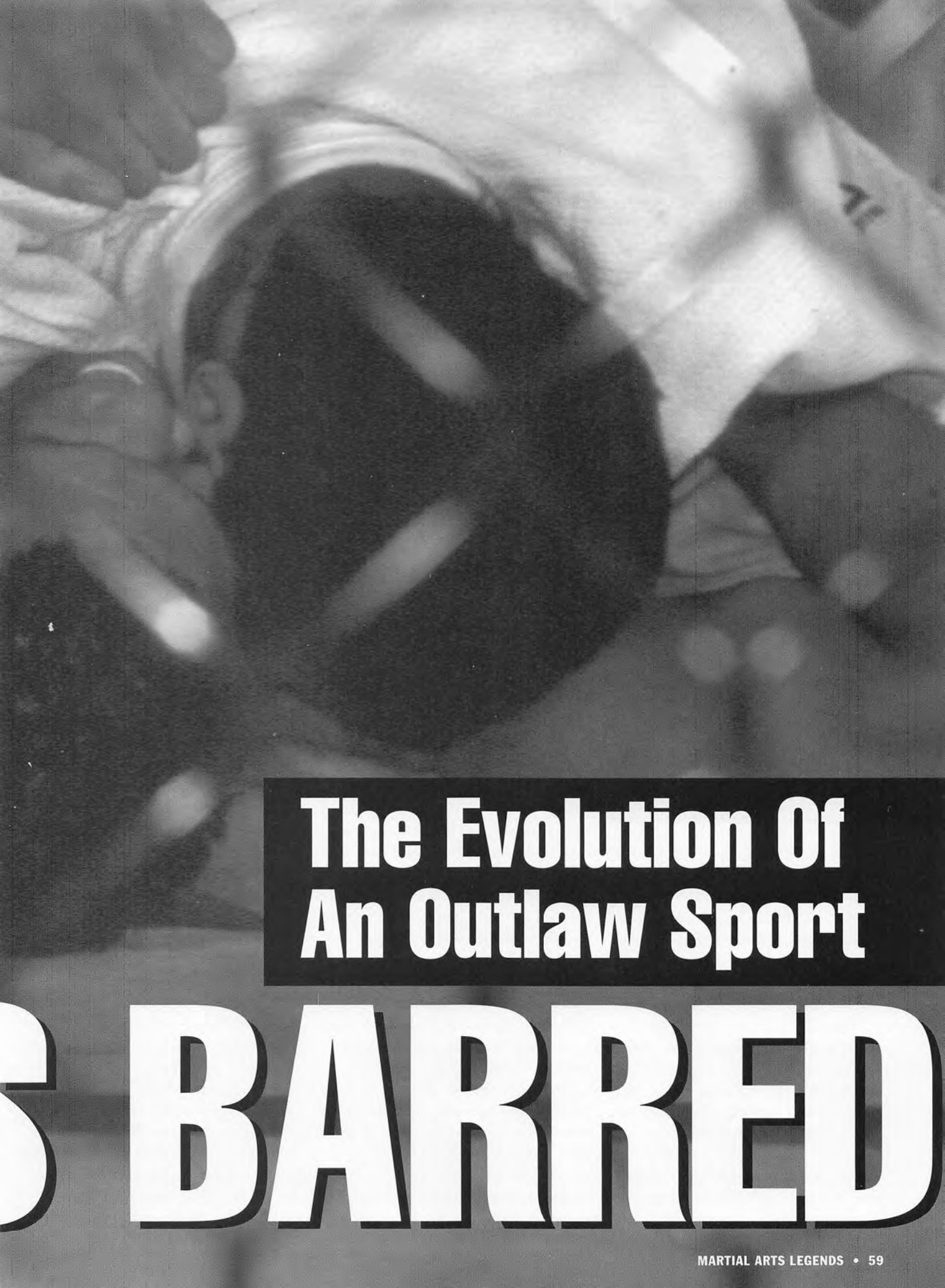
By Eddie Goldman

When you treat someone like an outlaw, who was not one to begin with, you just might create one from an otherwise lawful person. Never has this been more true than for the sport of mixed-martial-arts fighting.

For years a slew of publicity-seeking politicians like Sen. John McCain (R-AZ) and New York State Governor George Pataki and New York City Mayor Rudolph Giuliani, also Republicans, stood firm in slandering the sport of no-holds-barred fighting. It wasn't that long ago, in 1998, that McCain bellowed, "Unlike boxing or traditional martial arts contests, unrestricted or ultimate fighting competitions are not legitimate sporting contests. They pose a great risk of serious injury to the contestants, and present excessive brutality to the public as entertainment." Did the chairman of

NO HOLDS



The Evolution Of An Outlaw Sport

S BARRED

the Senate Commerce Committee bother with the minor detail of backing up his allegations with statistics on the supposed "serious injuries" in these events? Nah. He might as well have said, "We don't need no stinkin' statistics." And did the mayor of America's largest city offer any lists of dead or crippled fighters to bolster his claims? Perhaps he was too busy fending off investigations into the brutality that his police department was inflicting upon many of the city's inhabitants, especially people of color.

The bad guys won the first set of battles on this one, and MMA/NHB was banned in New York State in 1997, either discouraged or run out of several other localities, and soon censored on U.S. cable television, from whose pay-per-view shows it had drawn the bulk of its revenues. And even though

some major athletic commissions like those in New Jersey and California have since adopted rules sanctioning these events, and McCain himself has softened his anti-MMA stance, the sport has developed over the last several years in a marginalized fashion, often running in smaller Southern states or abroad.

This mess was taken advantage of in Japan by the Pride organization, which had the freedom, leeway, and financing to cherry-pick some of the top fighters from the censorship-hobbled U.S. promotions. In Japan, the sport is unfettered by any "stinkin'" athletic commissions, and allowed to concoct formulas for each show that defy any logic or follow the basic rules of any known sport.

Pride proudly exists, as its English-language Web page boasts, to pit "The top fighters from different combative sports: Professional wrestling, Karate, Judo, Kick-boxing, and others - all fighting in one ring under the same rules" (http://www.pridefc.com/). So professional wrestling is passed off as a "combative sport" worthy of consideration next to other traditional martial arts and combat sports, and even deserving higher mention than Olympic or college wrestling, which have both contributed many champions and top fighters to the MMA game.

In Japan, the sport is unfettered by any "stinkin'" athletic commissions, and allowed to concoct formulas for each show that defy any logic or follow the basic rules of any known sport.

Pride's mongrel status as a mixture of real fighting and professional wrestling has produced a grab bag of fights, ranging from historical classics such as Kazushi Sakuraba facing and defeating four members of the legendary Gracie family, to abominations such as Nobuhiko Takada gaining "wins" in matches widely regarded as "works" (a pro wrestling term meaning a match with a predetermined ending) with Mark Coleman at Pride 5 and Alexander Otsuka at Pride 7. Of course, Takada is a quite popular pro wrestler in Japan, and Pride made boatloads of yen from these charades, but they still tried to pass these off as real fights.

And while the vast majority of Pride matches have been real, there have been other questionable contests on their shows, some of which not surprisingly fit snugly into the story lines woven by former pro-wrestler, current pro-wrestling promoter, and Pride producer Antonio Inoki. By the way, Inoki is the same guy who had the fiasco of a "fight" with Muhammad Ali in Japan in 1976. Ali's biographer, the noted boxing writer Thomas Hauser, noted accurately that Inoki "wasn't a fighter; he was a professional wrestler." ("Muhammad Ali, His Life and Times," Simon & Schuster, 1991, p. 336)

The real motivation of Pride is not hard to figure, and not unlike that of those who tried (but failed) to perpetrate a fixed Ali-Inoki fight back in 1976. Hauser writes that "the motivating force behind it was money." Hauser added that many still had doubts as to the advisability of this deal: "Not everyone was convinced. Many suggested that Ali-Inoki was degrading for boxing and also for the heavyweight championship." (Ibid.) The fight ended up being a disaster, as no predetermined finish could be agreed upon (Inoki, of course, insisted that he end up the "victor"). Hauser describes it thus: "Ali-Inoki was insufferably boring. For fifteen rounds, Inoki crab-walked around the ring, horizontal to the canvas, kicking at Ali's legs. That was the fight. Ali threw six punches. Two of them, both jabs, landed." Inoki's kicks to Ali's legs did require serious medical attention, but nonetheless did most damage to the idea of creating any type of mixed styles fight for a long time.

Pride is not the only promotion to revel in its unregulated status. For their part, the UFC and most other legitimate promotions in North America have long asked for athletic commission regulation. Yet in the meantime they have all developed bad habits resulting from their semi-outlaw status. When the California State Athletic Commission passed a set of rules in April, 2000, regulating mixed martial arts (which are expected to go into effect in mid-2001), an historic opportunity to embrace these rules as a modern day version of boxing's Marquis of Queensbury rules was flubbed by all but the IFC (International Fighting Championship). The

Royce Gracie in a classic 2-hour battle against Japanese star Sakuraba.

California commission set up unique weight classes and a list of do's and don'ts that afforded the promotions a golden opportunity to once and for all bury the image of MMA/NHB as an outlaw sport. Instead, they quibbled with these rules and ignored them in states where they had no force of law.

Further, when stringent regulation did commence in states with powerful commissions, most notably in 2000 in New Jersey with its State Athletic Control Board under Commissioner Larry Hazzard Sr., the promotions for the most part were unprepared to finish the required pre-fight licensing and medical testing in time enough for the fighters to devote enough time to prepare for the fights. The scene in the UFC boardroom the day before its first foray in Atlantic City was sad, as just hours before Bruce Buffer would introduce each fighter, several of them were sitting around awaiting faxes from some doctors or medical offices to verify their medical status.

I would also argue that the very existence of promotions as such is a sign of the non-sport-like structure of MMA/NHB. In this sport, each individual promotion signs the fighters to contracts of varying degrees of exclusivity, writes its own rules, does is own matchmaking, crowns its own champions, assigns its own referees and judges, organizes its own television or video production, and acts as its own de facto sanctioning body. Needless to say, each and every one of these functions has an inherent conflict of interest. This arrangement has often meant that the top fighters in the world do not meet each other unless they belong to the same organization. Say what you will about boxing promoters (and most of it is undoubtedly true), but Don King managed to work with Main Events to match Felix Trinidad with Fernando Vargas, and Bob Arum worked with Cedric Kushner to match Oscar De La Hoya with Shane Mosley, to produce the most exciting and important boxing events of 2000. Tito Ortiz vs. Sakuraba? Randy Couture vs. Mark Coleman or Igor Vovchanchyn? Unless one or both bolt their current promotions, "fahgetaboutit."

Tito Ortiz vs. Sakuraba? Randy Couture vs. Mark Coleman or Igor Vovchanchyn? Unless one or both bolt their current promotions, "fahgetaboutit."

The one-company-does-all arrangement has various origins. Some of this occurred because the companies had few resources and had to double or triple up on tasks. There was no pre-existing outside sanctioning body for MMA/NHB at the sport's birth, and one takes time and adequate preparations to be created and accepted. The other factor in this was that some companies actually modeled themselves, with varying degrees of acknowledgment or understanding of what they were doing, after pro wrestling companies, where it makes sense to put all functions under one roof since it is a show, an act, and not a sport. Such a state of affairs must change if MMA/NHB is to cement its status as a legitimate sport.

That said, there is a fundamental difference in the approach of most of the North American promotions to that of many in Japan. The ones in the West at least have sought out athletic commission regulation, and, however imperfectly, abided by it. In Japan, there is no athletic commission control of MMA/NHB, nor do any of the promoters seem exactly eager for that to occur. The legitimate Western promoters also do not knowingly put worked or fixed or fake fights in their cards. That is not only unethical, but illegal in North America when real fights are advertised. No one cares that pro wrestling is a big act, but many care when that essential line between real sport and pro wrestling is blurred, much less eliminated. There have been reports of various worked or fixed fights on some smaller MMA/NHB shows in the U.S., which just goes to show that greed and corruption knows no bounds.

Either this twilight period of semi-legal, semi-outlaw status will end in mainstream acceptance, as happened in boxing's tortuous history, or else the sport of MMA/NHB will at best manage to subsist on the fringes of society and legality. Even if acceptance is achieved, each organization will be put to the test of restructuring to meet the needs of real sport, or else the sport will become a hopelessly fragmented basket case as is kickboxing, which is unable to convince anyone in the U.S. that it has real stars and worthy champions.

I am cautiously optimistic that this battle can be won. Four years ago, in an editorial in the sorely missed newsletter "Vale Tudo News," I advised some promoters of that time that they must run their affairs like a sport and not a spectacle. Them was fightin' words in those days, yet the same advice holds true today. This battle will be tougher and more protracted today, as the business has expanded far beyond the relatively primitive stage that existed in 1997. So yes, we are in for a more difficult fight today - but it sounds like fun to me. So let's get smokin' before it's too late to repair the damage inflicted by the McCain's and Giuliani's of the world.

Japanese wrestler Fujita did what many considered impossible in beating Mark Kerr.

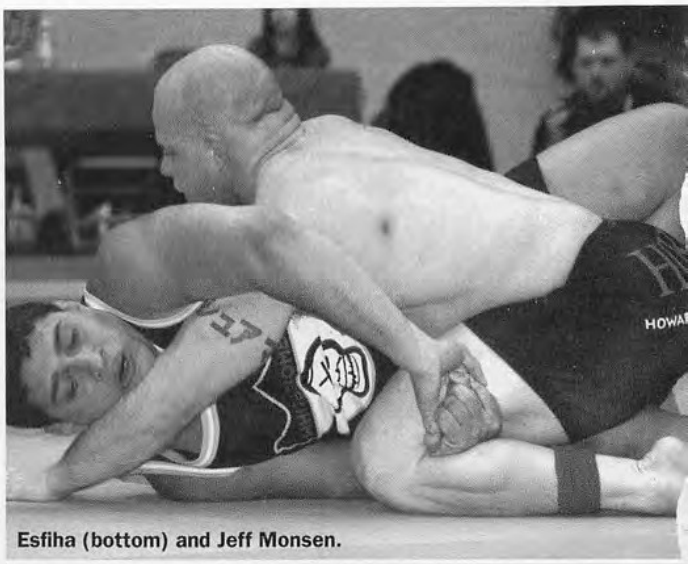
'Twas the Tournament Before Christmas

THE 2000 INTERNATIONAL PRO-AM OF GRAPPLING

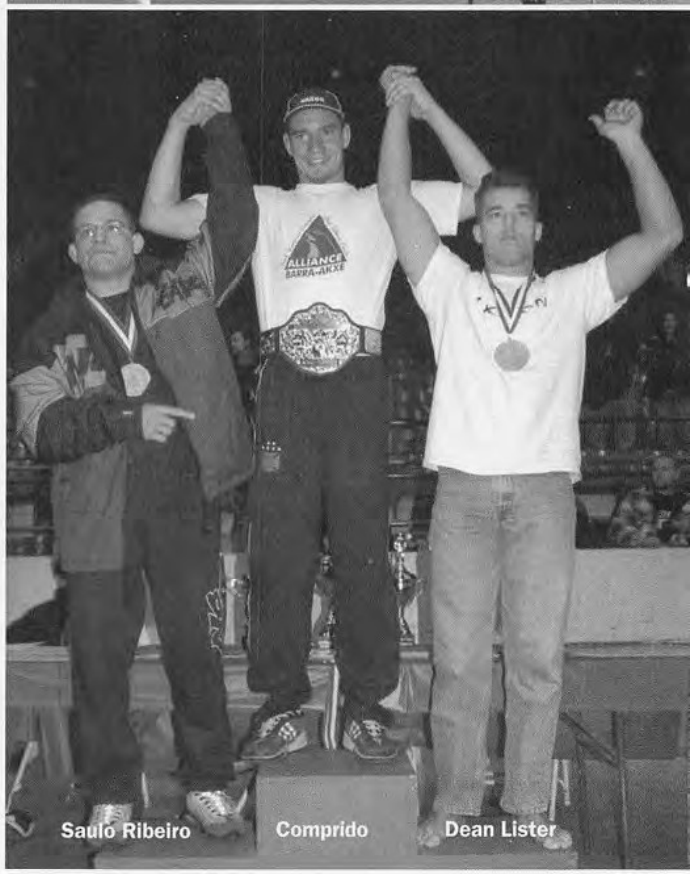
By Kid Peligro

Photos by Koichi Kawasaki

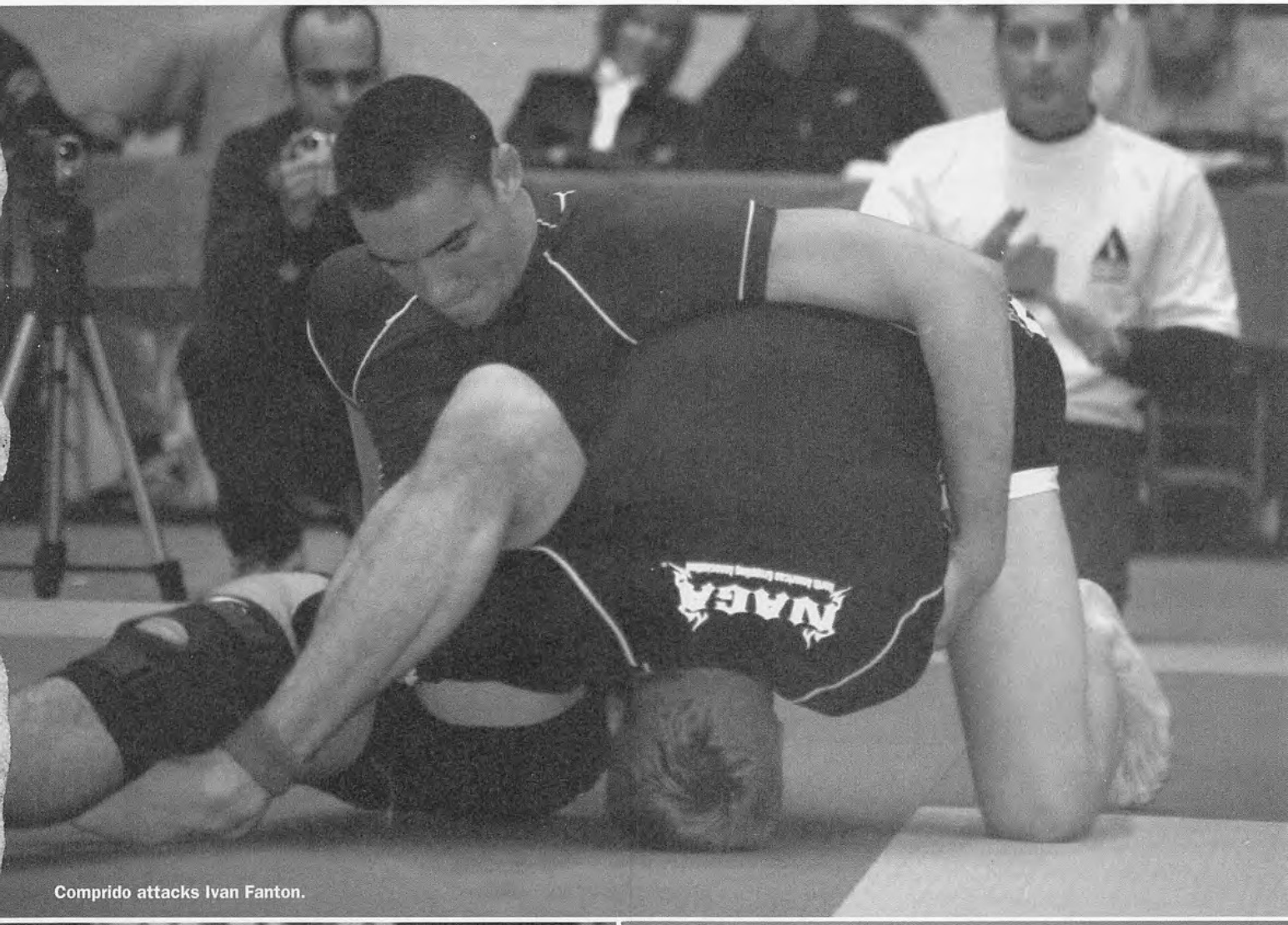
Raleigh, North Carolina isn't exactly a hotspot of the international grappling scene - so what was Royler Gracie, Saulo Ribeiro, Rodrigo "Comprido" Medeiros, Luis "Limao" Heredia, Jeff Monson, and other world-class submission fighters doing at the Dorton Arena three weeks before Christmas?



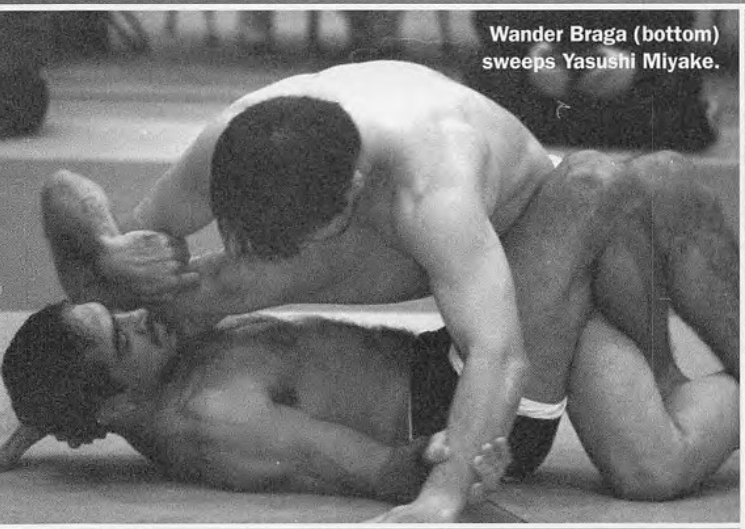
Esfiha (bottom) and Jeff Monsen.



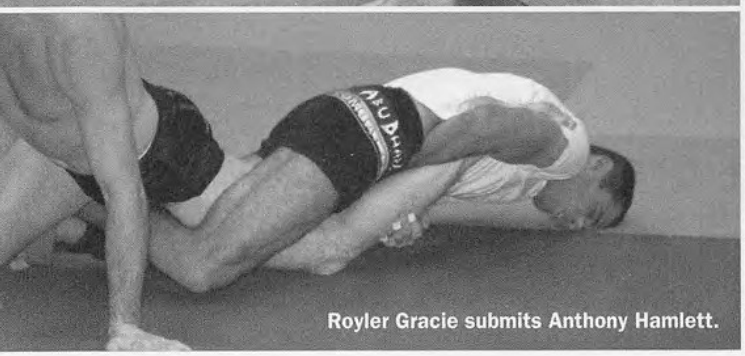
The International Pro-Am of Grappling was spawned by the visit of promoters Frank Mullis and Billy Dowey to the ADCC World Submission Wrestling Championships in the United Arab Emirates. The two were so impressed that when they returned home they immediately put the wheels in motion for their Christmas present to the submission fighting world - to have the best grapplers in the world compete on U.S. soil for prize



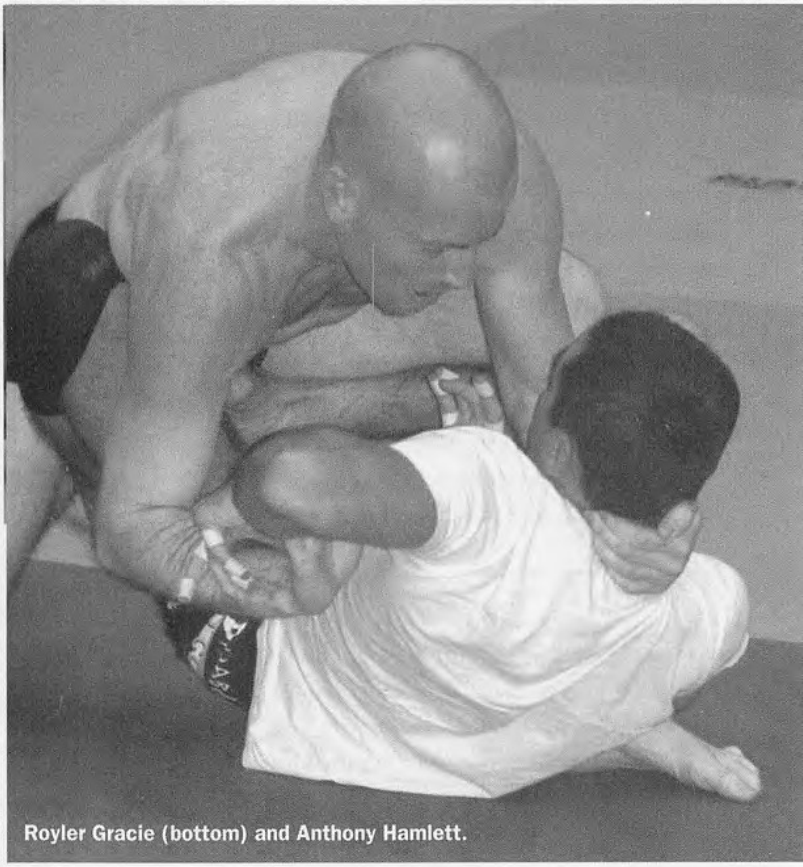
Comprido attacks Ivan Fanton.



Wander Braga (bottom) sweeps Yasushi Miyake.



Royler Gracie submits Anthony Hamlett.



Royler Gracie (bottom) and Anthony Hamlett.

Lightweight Brackets

Matt Serra (Renzo Gracie Team) v **Naoya Uematsu** (Shooto Japan)
Leo "Leozinho" Vieira (Alliance Team) v **Scott Schultz** (Tai Kai JJ)
Vitor "Shaolin" Ribeiro (Nova União Team) v **Sean Dunn** (Team Rival)
Fernando "Terere" (Alliance Team) v **Wander Braga** (L.A.Jiu-Jitsu Club)

Middleweight Brackets

Sean Williams (Renzo Gracie Team) v **Phillip Smith** (Alliance Team)
Saulo Ribeiro (Gracie Humaita) v **Jamie Levine** (Team Rival)
Rodrigo "Comprido" Medeiros (Alliance Team) v **Ivan Fanton** (Team G.Machado)
Mark Laimon (Nova União Team) v **Dean Lister** (Fabio Santos Team)

Heavyweight Brackets

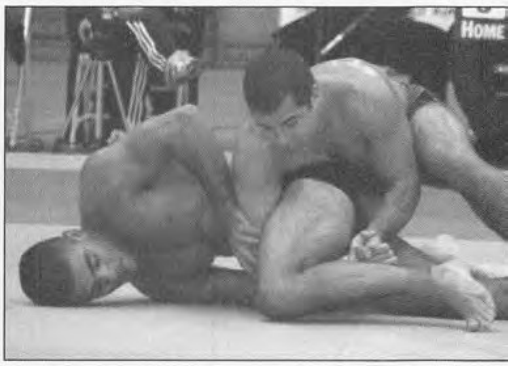
Ze Mario "Esfiha" (Alliance Team) v **Wade Rome** (Team Rival)
Jeff Monsen (AMC Pankration) v **Rhadi Ferguson** (Lloyd Irvin/Bid Dogs)
John Rallo (Renzo Gracie Team) v **Marc Robinson** (Team Rival)
Garth Taylor (Claudio Franca Team) v **"Bull" Shaw** (Alliance Team)

Superfights

Luka Dias (Team Megaton) v **Kathy Brothers** (Machado Team)
Luís "Limao" Heredia (Rickson Gracie Team) v **Mario Aielo** (Gracie Humaita)
Cleber Luciano (Luciano Team) v **Francisco Neto** (Team Yamasaki)
Wander Braga (LA Jiu-Jitsu Club) v **Yasushi Miyake** (Japan Greco-Roman Team)
Wellington "Megaton" Dias (Team Megaton) v **Gustavo Machado** (Team G.Machado)

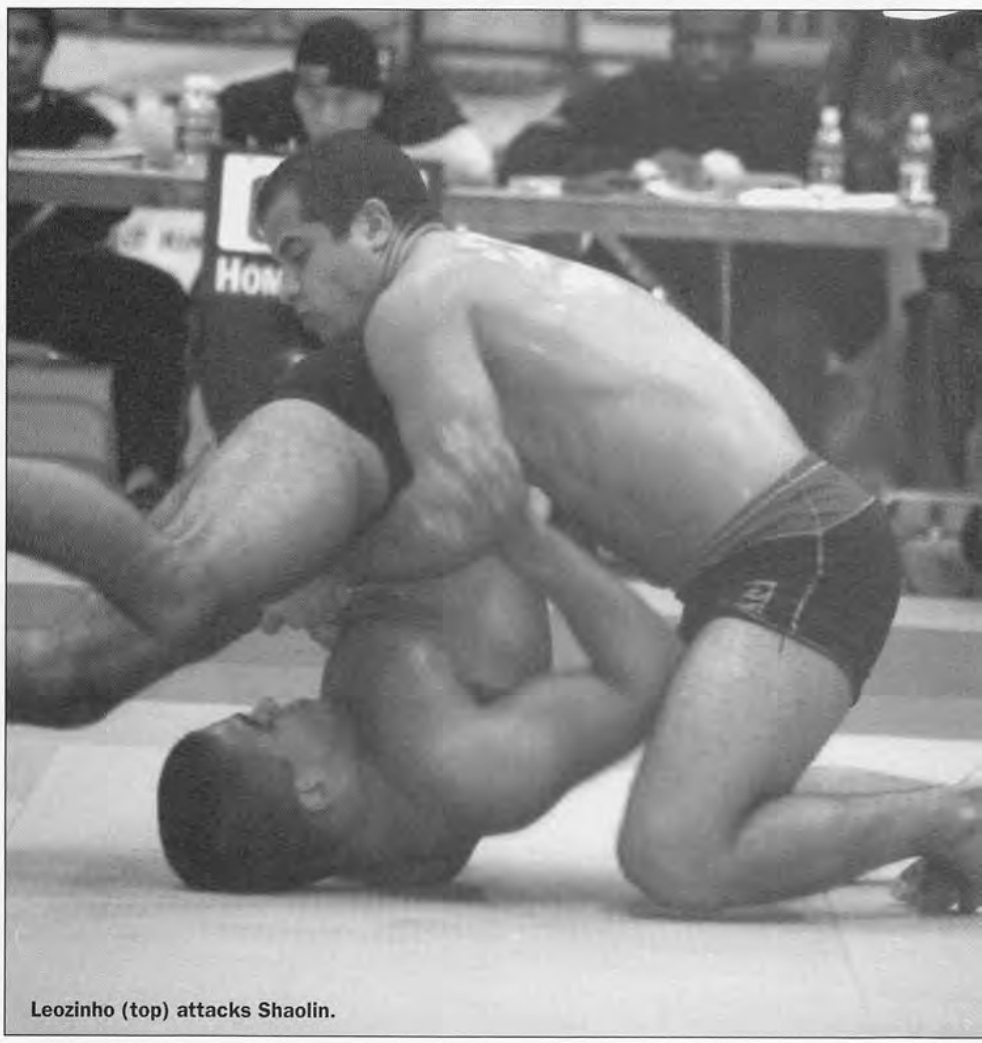
Featured Fight

Royler Gracie v **Anthony Hamlett**



money, championship trophies, and a lot of prestige.

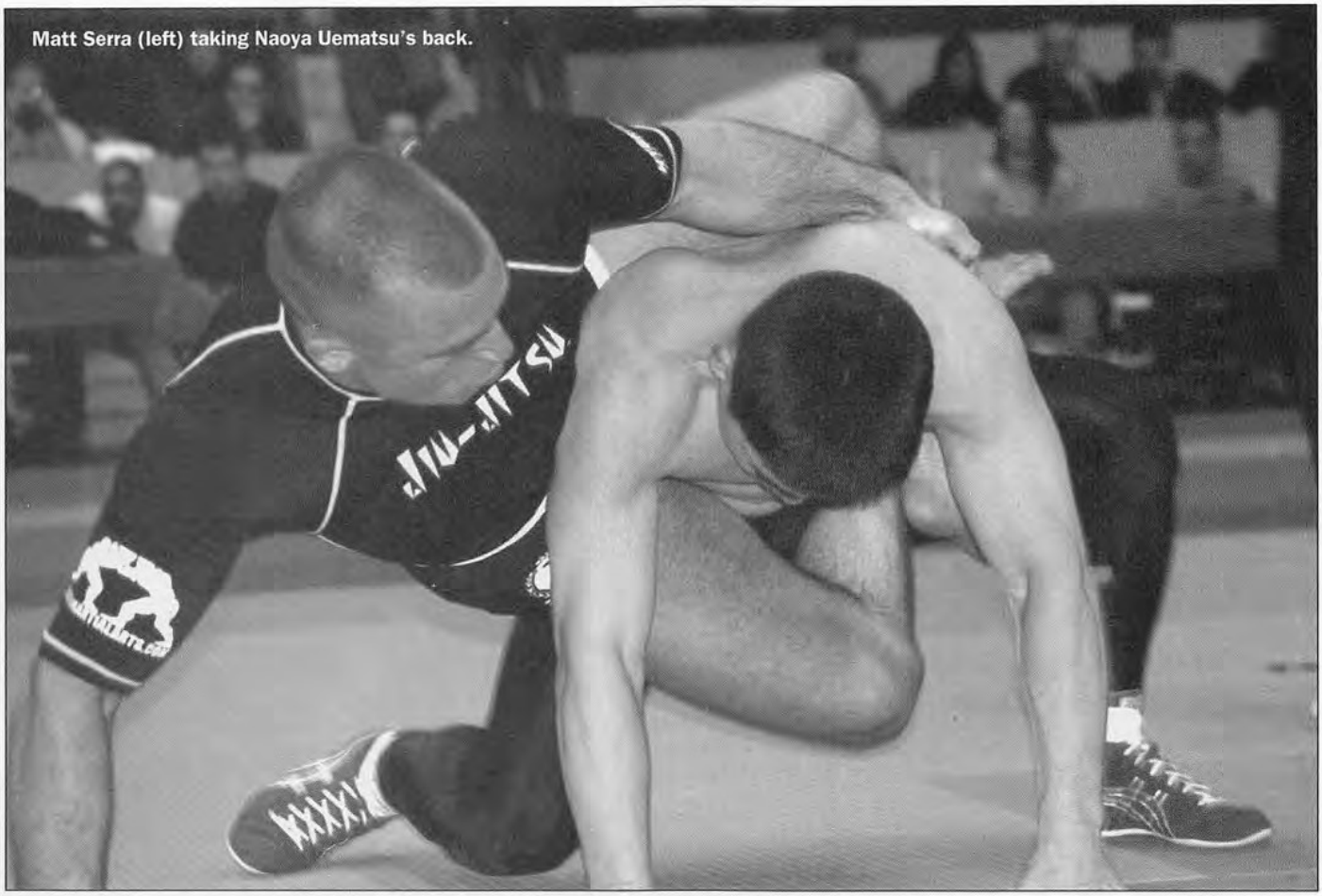
They began by contacting some of the best fighters in the world and seeing who was available and interested. With potential names in hand, they decided to have three 8-man grappling divisions: under 170 lbs., 170-200 lbs., and over 200 lbs. Wanting to attract the world's best they offered $19,500.00 in prize money which broke down to $5,000 for 1st, $1,000 for 2nd, and $500 for 3rd. Additionally they secured the services of four-time world Brazilian jiu-jitsu champion and two-time ADCC champion Royler Gracie to compete in a superfight against AMC Pankration star Anthony Hamlett, who had taken 4th place at ADCC 2000, and who many predicted would give Gracie all he could handle and then some.



Leozinho (top) attacks Shaolin.

The Buzz

As the preparations for the event began to be released to the general public, the promoters realized they had stumbled upon a winning formula. Fighter interest from around the globe was intense and the international media began contacting the event for information and sending in



Matt Serra (left) taking Naoya Uematsu's back.

Mario "Esifha" celebrates.

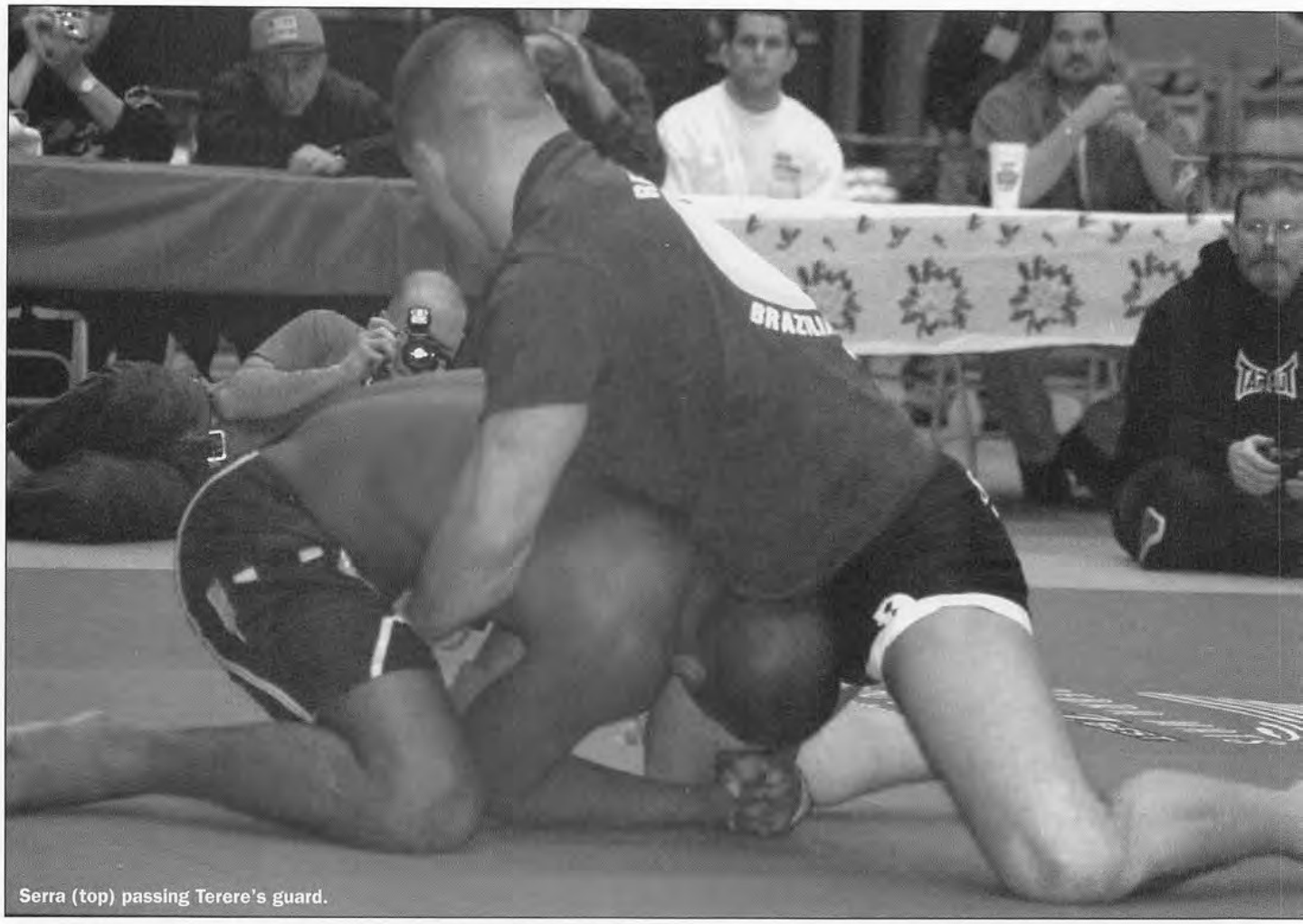
credential requests. All of a sudden the event took on a life of its own. As more "name" fighters were announced, more interest was raised by the press - which prompted still more "name" fighters to enter. In the end, 24 top fighters were selected for the 3 divisions, along with 16 fighters competing in 8 superfights.

But nothing goes smooth when it comes to NHB or grappling events - injuries occur frequently as fighters train harder than usual to prepare for competition. Among the notable casualties were Carlos Barreto, Rodrigo Minotauro, Marcio Feitosa, and Sean Alvarez. However, this still left stars Vitor "Shaolin" Ribeiro, Leo Vieira, Wander Braga, Saulo Ribeiro, Rodrigo "Comprido" Medeiros, Jeff Monson, Garth Taylor, Luis "Limao" Heredia, Magaton Dias, Cleber Luciano, and Yasushi Miyake to compete.

Day One

On Saturday, the stage was set for the best grappling event ever seen in the U.S. outside of the Pan-Am games. Entering Dorton Arena, you could sense the excitement and tension in the air. Despite a low public turnout the arena was filled with press, including representatives of *Grappling Magazine, Gracie Magazine, Baseball Magazine, Gong Magazine, Submission Fighter Magazine,* ADCC News, Eddie Goldman's Eyada Sports Radio, and Sport TV from Brazil. Additionally, no-holds-barred booker Koichi Kawasaki and shooto reporter Manabu Takashima were there as photographers to capture all the action. Also in attendance were the North Carolina boxing commissioner, a world kickboxing champion, and instructors Matt Hume, Pedro Sauer, Relson Gracie, Pedro Valente, Romero "Jacare" Cavalcante, Fabio Santos, Carlson Gracie Jr., Steve and D.C. Maxwell, UFC referee Mario Yamasaki, and promoters Brian Cimins and Kip Kollar.

The event was supposed to start with two superfights. However, Kathy Brothers and Mario Aielo did not show up to face opponents Luka Dias and Luis "Limao" Heredia, leaving them to claim their titles by default. Heredia, a world-class black belt instructor and the number one fighter on the Rickson Gracie Competition Team was understandably disappointed. "I trained very hard for this and came to fight. Of course, I feel I would have won anyway, but I still wanted a chance to show my skills and test myself." As it turned out, however, this was not an omen of things to come. From that point on the event went from good, to better, to great.



Serra (top) passing Terere's guard.

Cleber Luciano vs. Francisco Neto

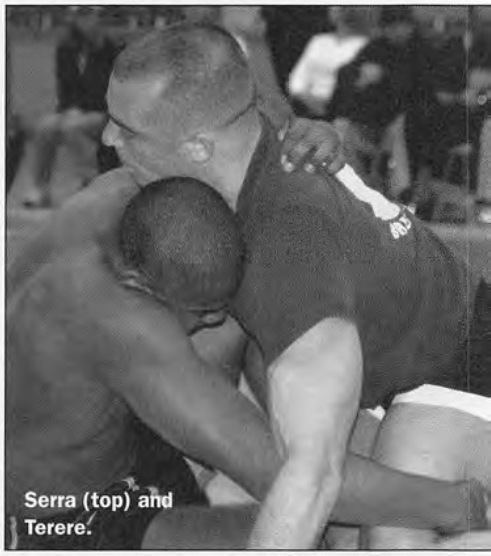
In the first contested superfight of the night, the California version of the Tasmanian Devil, black belt Cleber Luciano, went toe-to-toe with the New York's Francisco Neto, the "Beast from the East." Both fighters have had tremendous success against top-level competition from their respective areas, and it was only fitting that they would square-off in this event. During the 10-minute regulation time, the two fighters exchanged positions and showcased their tremendous stand-up skills with neither gaining a clear advantage. As overtime began, the wily Luciano feinted a shot at one leg and went for the other, completing a beautiful takedown for 2 points. The match continued on the ground with several leg attacks from Neto while Luciano attempted to pass the guard. When time finally ran out Luciano had a two-point advantage and was awarded the title.

Lightweight Preliminaries

The lightweight began with Matt Serra taking on experienced Japanese fighter Uematsu. After an intense exchange of positions, Serra got the best of Uematsu and submitted him with a rear naked choke. Next, Leo Vieira mounted Scott Schultz and choked him. Vitor "Shaolin" Ribeiro then completely dominated a game Shawn Dunn 21-0, who had arrived at 3:00 a.m. the night before as last-minute replacement for an injured Paul Rodrigues. Fernando "Terere" wrapped up the prelims by outpointing L.A. Jiu-Jitsu's Wander Braga 2-0 in a close match.

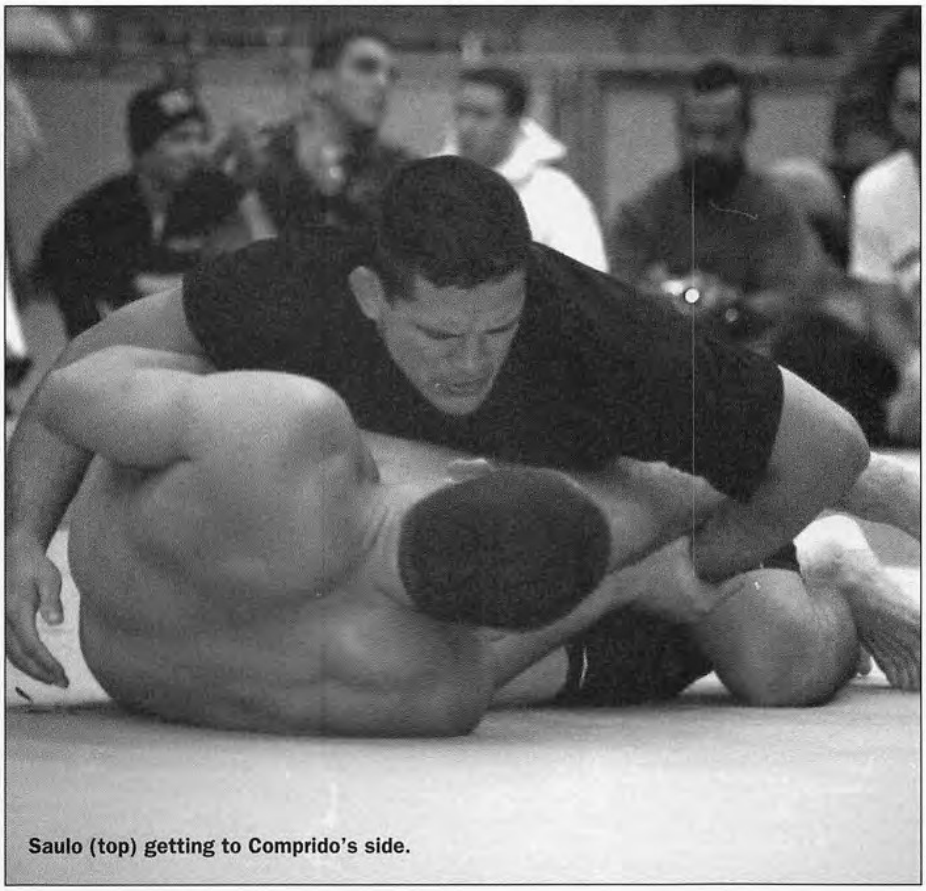
Middleweight Preliminaries

Sean Williams and Phillip Smith exchanging positions and attacks for ten minutes with Smith emerging the victor. WEF promoter Jamie Levine then faced five-time world Brazilian jiu-jitsu champion and current ADCC world champion, Saulo Ribeiro. Levine had actually asked for this match-up and had spent a month training hard for this moment. He went so far as to leave his home to live

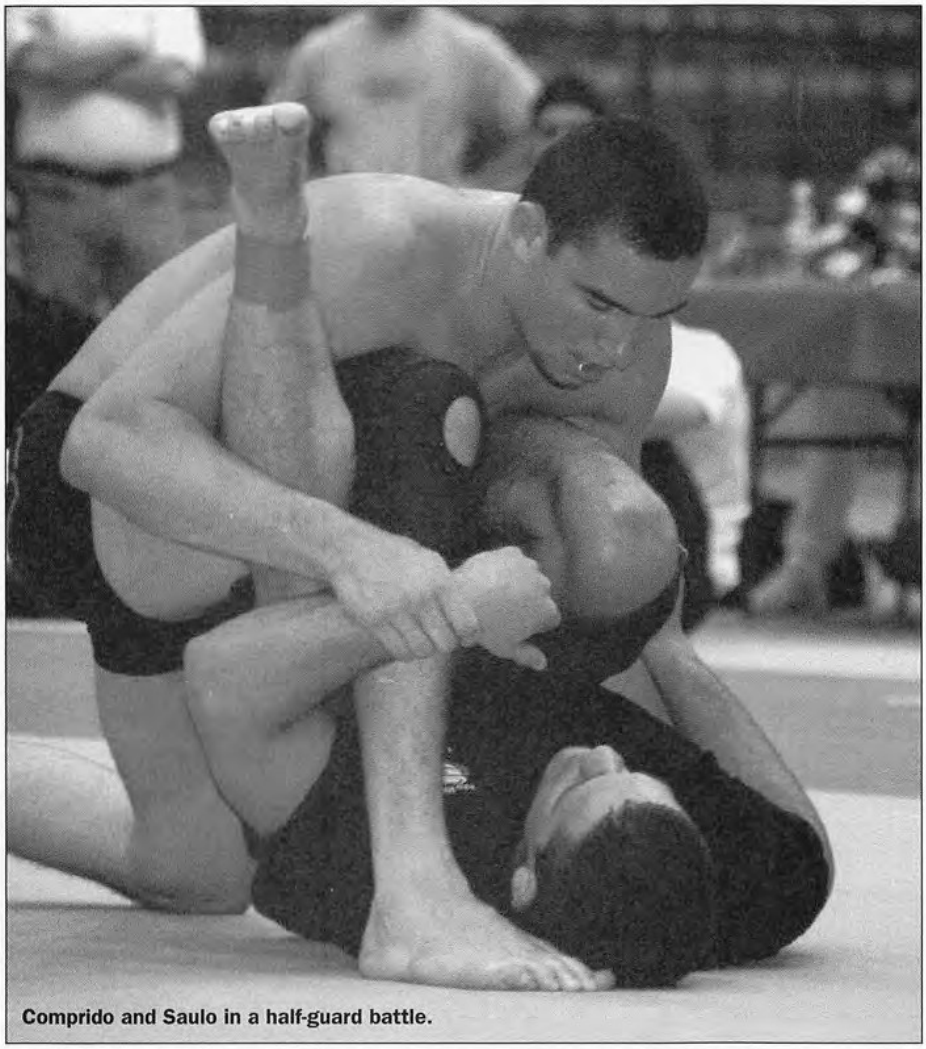


Serra (top) and Terere.

with the Rival Team in order to maintain top focus, shape and intensity. Before the match Levine stated, "I'm going at Ribeiro 110 percent - like no one has ever gone at him before." However, reality quickly set in when the match started as Levine quickly learned that Ribeiro didn't accumulate all his titles by chance. In a masterful sequence, Ribeiro surprised and confused Levine with a series of submis-



Saulo (top) getting to Comprido's side.



Comprido and Saulo in a half-guard battle.

Final Results

Lightweight Division
1) Leo "Leozinho" Vieira
2) Vitor "Shaolin" Ribeiro
3) Fernando "Terere"
4) Matt Serra

Middleweight Division
1) Rodrigo "Comprido" Meideros
2) Saulo Ribeiro
3) Dean Lister
4) Phillip Smith

Heavyweight Division
1) Jeff Monson
2) Mark Robinson
3) Ze Mario "Esfiha"
4) Garth Taylor

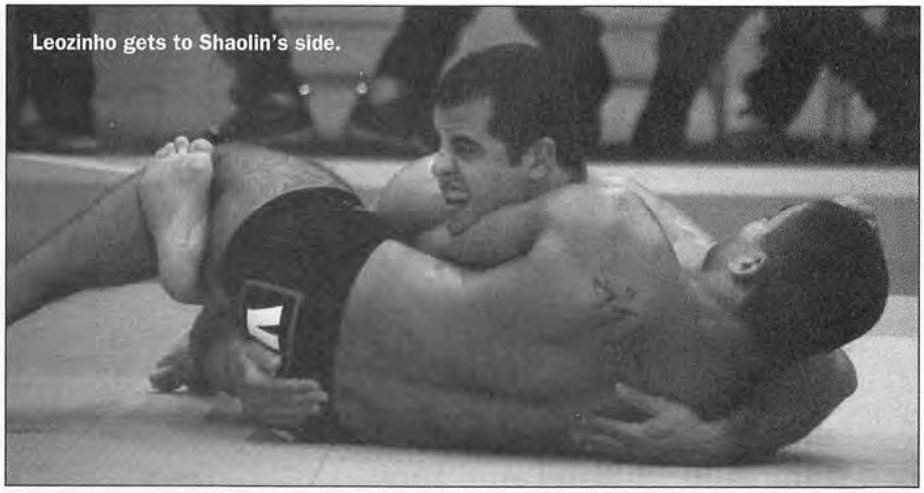
Superfight Champions
Luis "Limao" Heredia
Kathy Brothers
Cleber Luciano
Wander Braga
Gustavo Machado

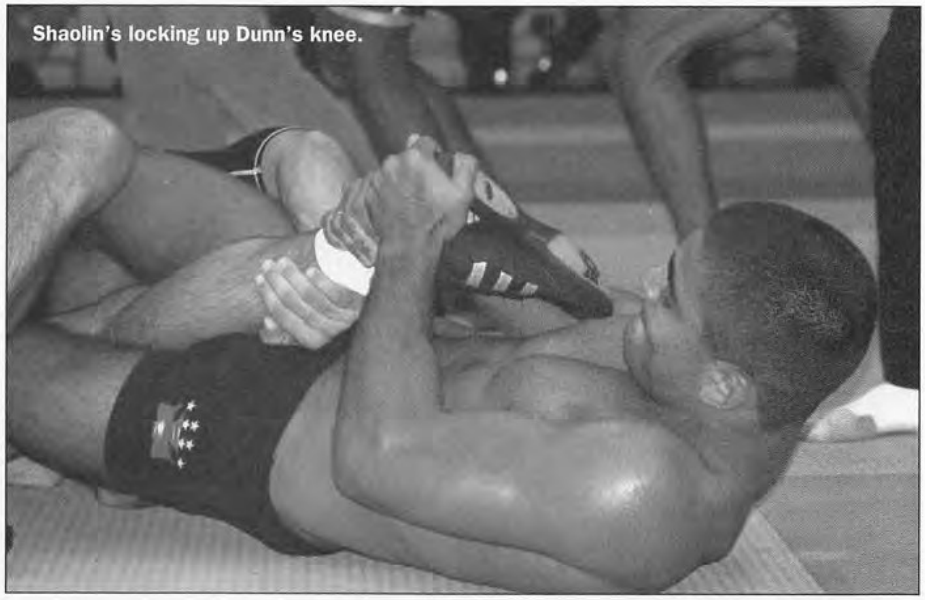
Main Event Champion
Royler Gracie

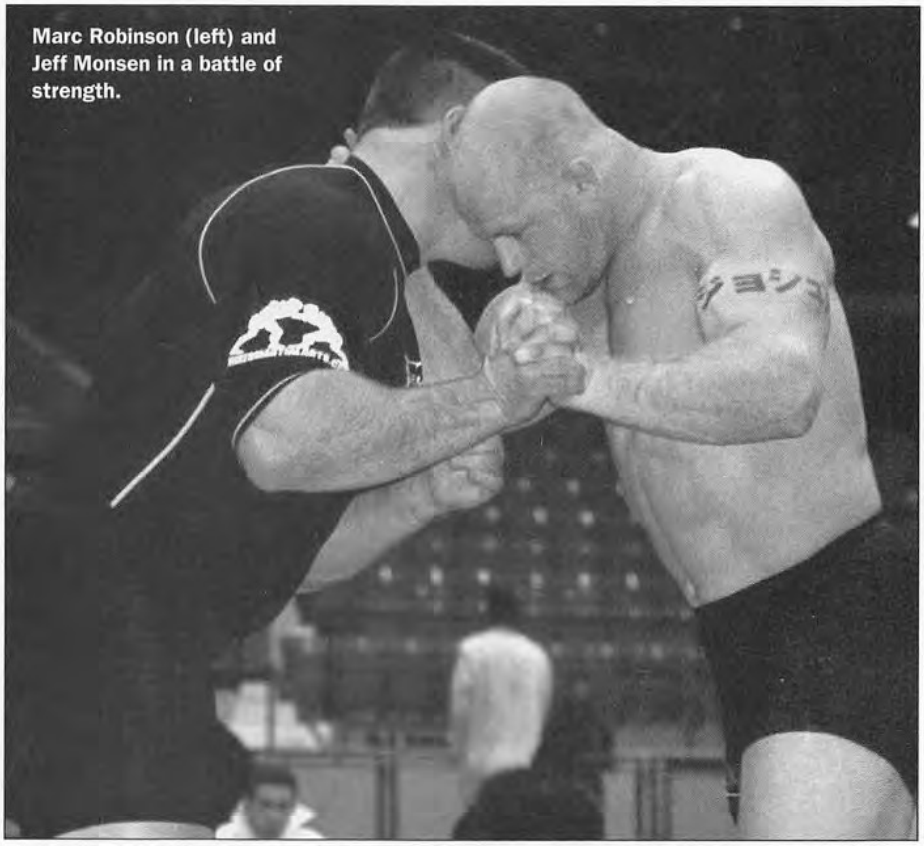
sion attacks never before seen, going from a crucifix, to an *omoplata* shoulder-lock, to a reverse *omoplata* with an opposite leg shoulder-lock. The exchange was so fast that Levine couldn't keep up and ended up submitting with a scream of pain. Afterwards, the shell-shocked Levine said, "I thought he was going to get my right arm, when all of a sudden I felt the pain my left are. I couldn't move so I had to yell. I'm mad! Not at Saulo - but at myself because I wanted to stay on the mat longer." Levine is a warrior but he learned first-hand that Ribeiro is head and shoulders above most grapplers in the world.

Next, Comprido submitted Fanton by a foot lock to move into the semifinals, and then Marc Laimon and Dean Lister locked up in one of the best battles of the tournament. Battling hard for 10 minutes, the two ended up in a 4-4 tie. They had already faced each other a few months back in Grapplers Quest West, with Laimon coming out the victor, and Lister was looking to even the score.

However, as overtime began Laimon went ahead 8-4 by taking Lister's back. But keeping his head, Lister didn't give up, kept up the pressure and evened the score just prior to the end of the 5-minute overtime and then got the referee's decision - and a measure of revenge.


Leozinho gets to Shaolin's side.


Shaolin's locking up Dunn's knee.


Marc Robinson (left) and Jeff Monsen in a battle of strength.

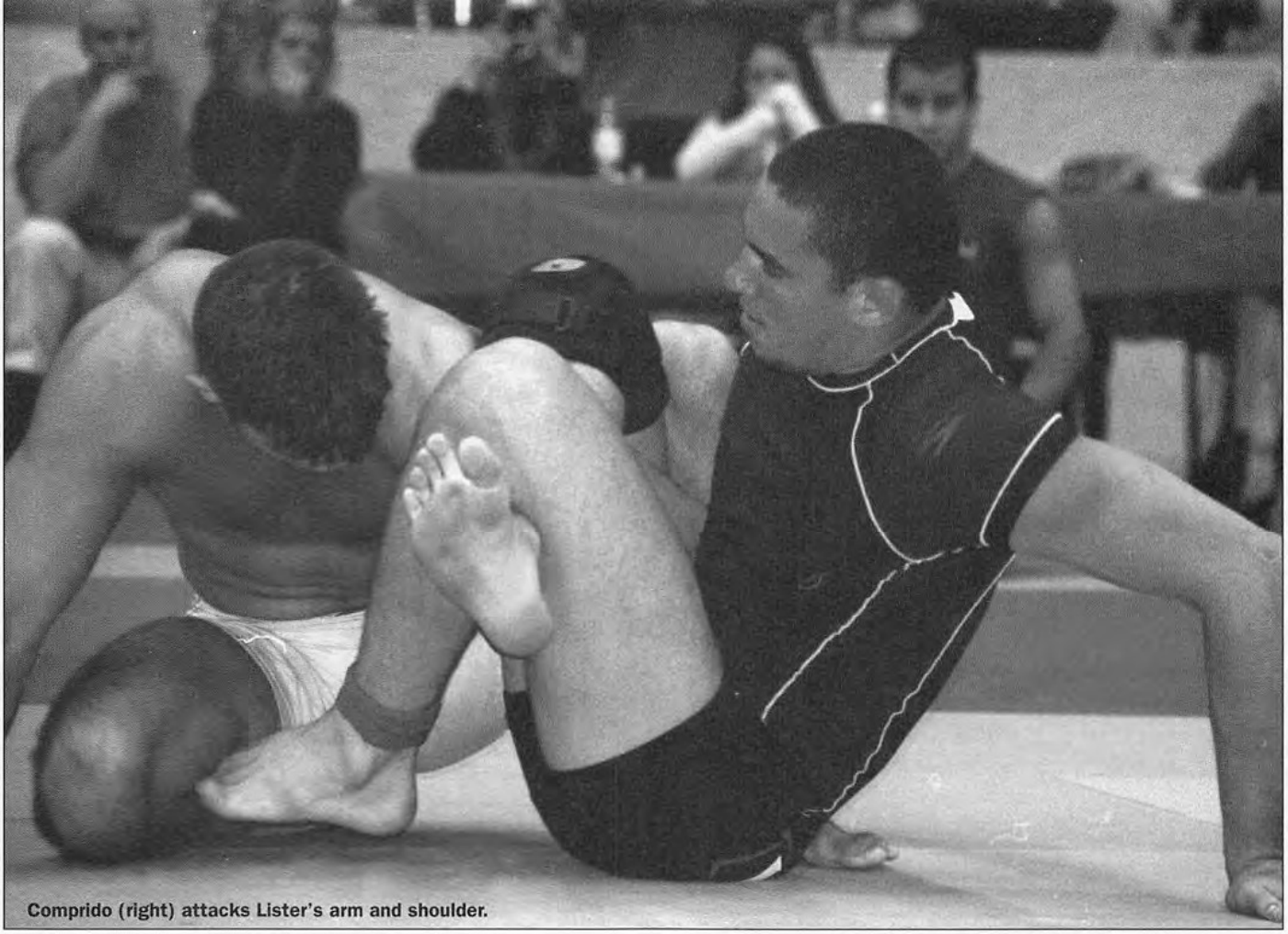
Heavyweight Preliminaries

These were not small people - the lightest weighing in at a svelte 260 lbs. In the first match 1999 ADCC champion Jeff Monson faced USA Olympic judo alternate Rhadi Ferguson. After a beautiful takedown by Ferguson, Monson used all his experience and skill to come back and win by the score of 5-2. Then Ze Mario Esfiha submitted Wade Rome via a kimura lock. The heavyweights continued with 325 lb. WEF champion Marc Robinson besting John Rallo by a score of 9-0. Rallo put up quite a fight but the power and experience of Robinson was just too much. The final match saw California's Garth Taylor defeating Bull Shaw by a takedown.

Semifinal Matches

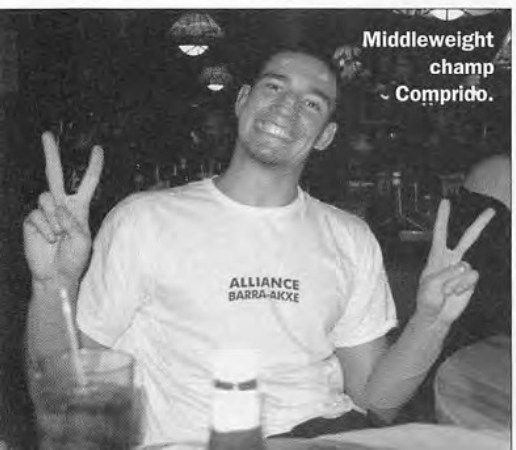
The lightweight semifinals opened up with Serra taking on Vieira. In what can arguably be called one of the best grappling comebacks ever witnessed, the effervescent Serra started by two scoring two quick takedowns on his way to taking Vieira's back. Down 4-0 and facing the threat of a submission, something inside Vieira clicked on. In a dazzling display of technical jiu-jitsu, Vieira proceeded to execute five successful takedowns on Serra, including a beautiful throw that launched Serra 6 feet into the air. The acrobatic Serra, however, somehow did a summersault and landed on his feet. But Vieira was just too much and won a clear 10-4 decision. In the other lightweight semifinal Vitor Ribeiro beat Terere by a score of 6-4.

The stadium was still buzzing from the lightweight matches when the middleweights went to work. Saulo Ribeiro quickly submitted Smith via foot lock, while Lister battled Medeiros hard for ten minutes before losing a heartbreaker by just a single sweep. In the heavyweight semifinals Robinson defeated Taylor 5-0



Comprido (right) attacks Lister's arm and shoulder.

Esifha on top of Garth Taylor.



Middleweight champ Comprido.

via a takedown and guard pass, and Monsen edged Esfiha by a lone takedown.

DAY TWO

Wander Braga vs. Yasushi Miyake

The second day started with a match between L.A. Jiu-Jitsu Club instructor Wander Braga and Yasushi Miyake, an Olympic Greco-Roman wrestler from Japan. Miyake had defeated the famous shooto fighter Rumina Sato not long ago and was considered the overwhelming favorite. Braga, though, had other ideas. In a highly contested match, Braga made effective use of his half-guard game and swept Miyake and then took his back for the points and the win. With this huge upset, Braga caused quite a stir in Japan and several fighting organizations are reportedly said to be very interested in negotiating a fight deal with him. Has a new star been born? Only time will tell.

Consolation Matches

In the third place matches, Terere swept Serra for the close lightweight win, Lister submitted Smith by foot lock in the middleweight match, and Esfiha out-pointed Taylor in the heavyweight division.

LIGHTWEIGHT FINALS

Vitor "Shaolin" Ribeiro vs. Leo "Leozinho" Vieira

The match between Vitor Ribeiro and Leo Vieira did the impossible - it surpassed the excitement of the Vieira-Serra match. The two athletes let it all hang out, left nothing on the mat, and showcased all their skills. Ribeiro attempted two beautiful suplexes on Vieira, but Vieira somehow managed to twist in the air and land on all fours. Next Vieira got position on Ribeiro for a beautiful takedown, but Ribeiro contorted his body, wriggled away, and escaped from the jaws of defeat. The crowd was very excited and vocal during this entire match, yelling encouragement to both fighters when their mouths were not open with amazement at the skill of both men. After an incredible amount of sweep attempts and other highly technical maneuvers, it was tied at the end of regulation. Overtime

Continued on page 93

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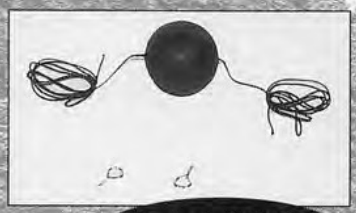

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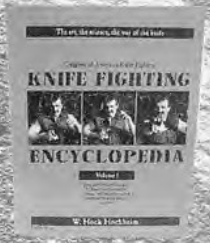

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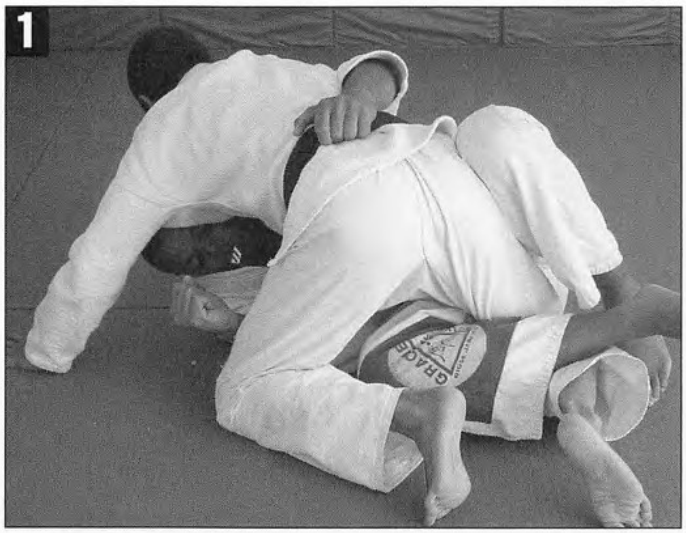
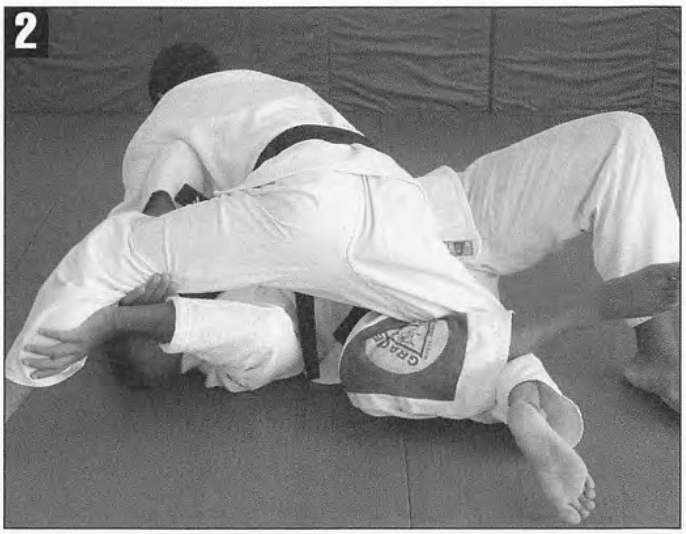
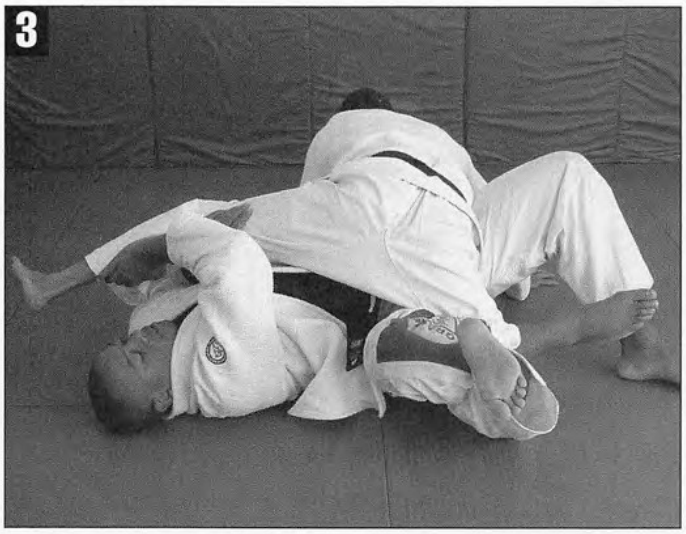
FITNESS

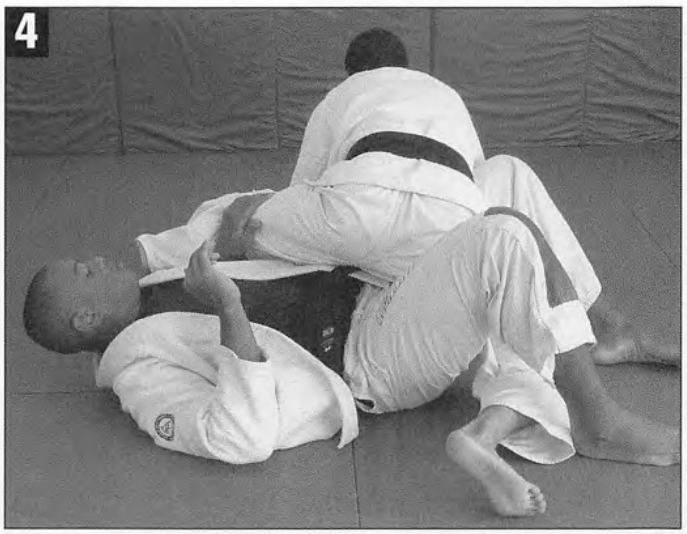
Half-Guard Fighting Techniques

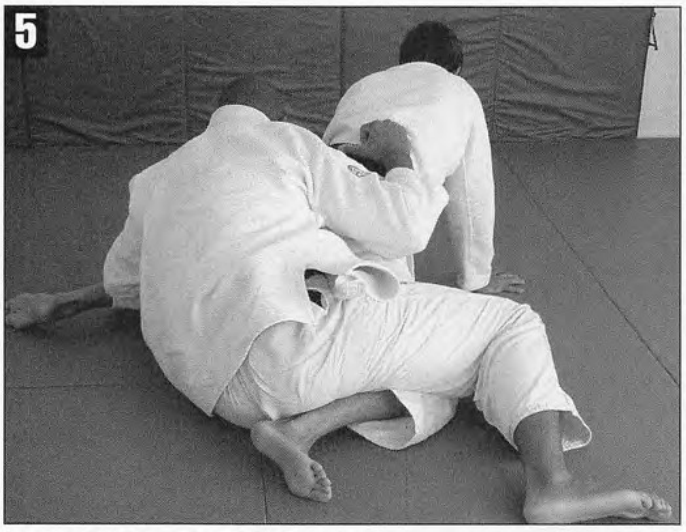
BY ROBERTO TRAVEN

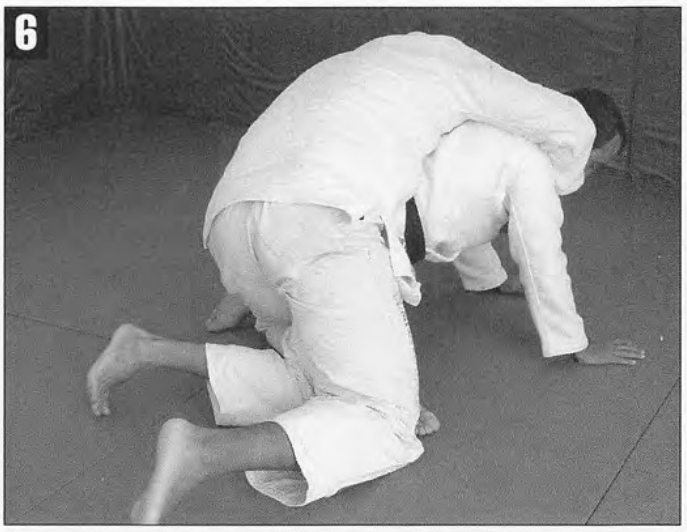








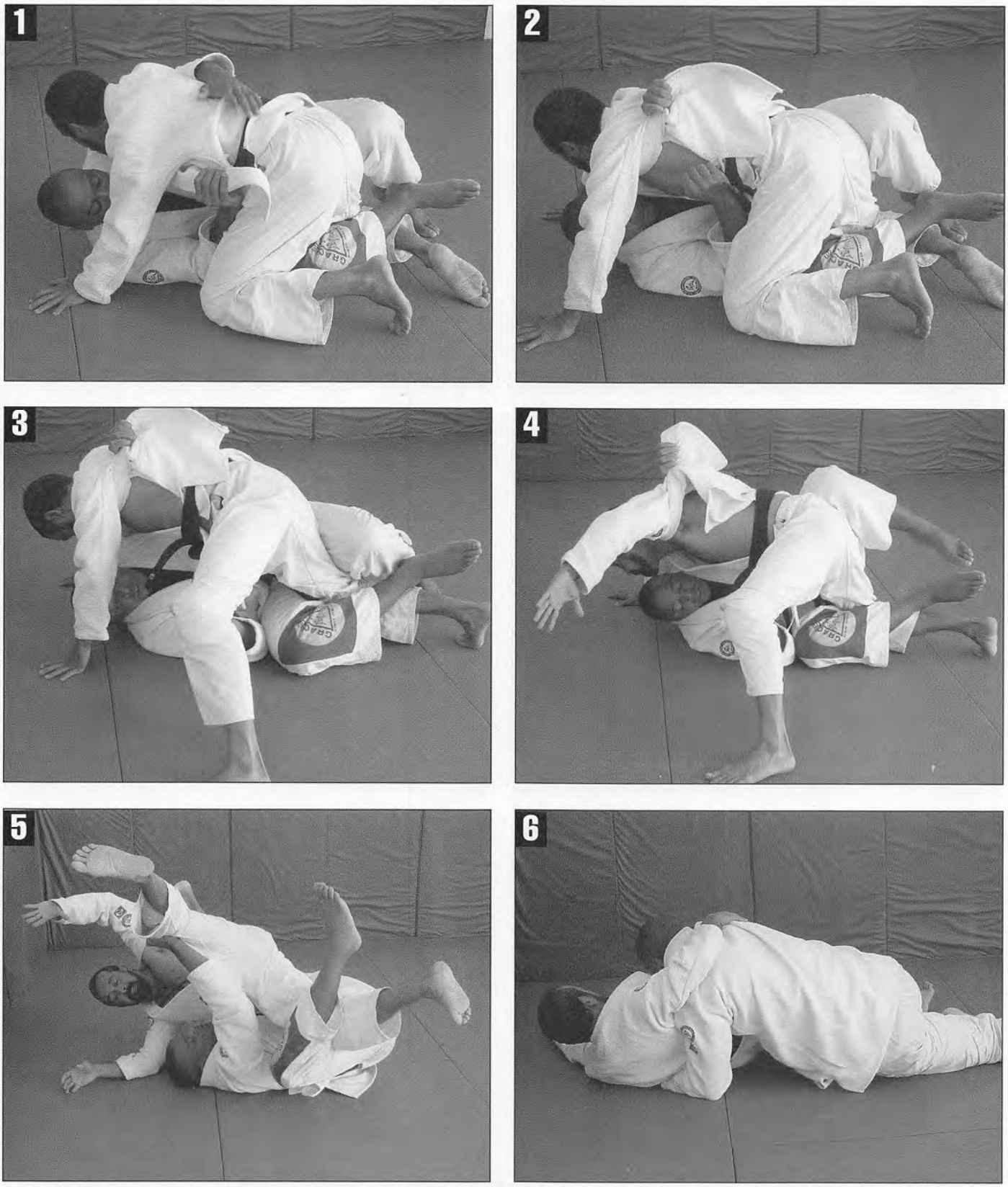




HALF-GUARD BACK REVERSAL Roberto Traven has his opponent in the half-guard (1). As the opponent puts his left leg to try to pass (2), Traven ducks underneath (3), pushes his opponent's leg across his body (4), goes to his knees (5), and then takes the back (6).

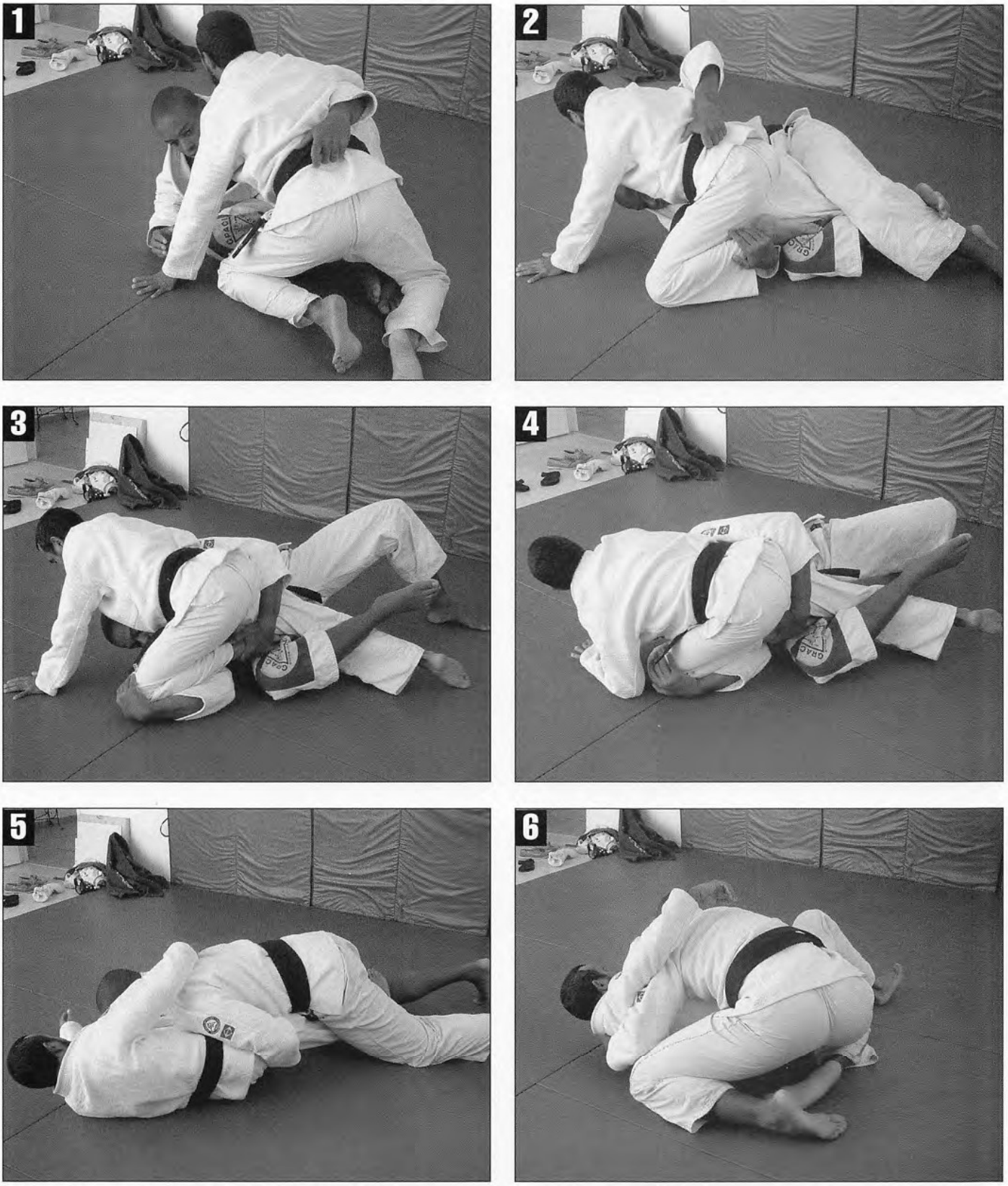
The half-guard is one of sport jiu-jitsu's most effective positions. For many years it was simply regarded as a very weak defensive position where the attacker had the complete advantage. Once someone was stuck in your half-guard, it was just a matter of time until they passed to a full mount or a side control. In recent years, however, the half-guard has been completely revamped with many new moves and positions, and now offers wealth of both offensive and defensive options for reversals, escapes, or even submissions.

The general principle behind the half-guard is to off-balance your opponent by reacting to his attempts to go on top. Once you have successfully applied half-guard techniques against an opponent, they will think twice about attacking too hard because of the fear of getting swept or reversed - this, in turn, will give you even more opportunities to apply the half-guard game.

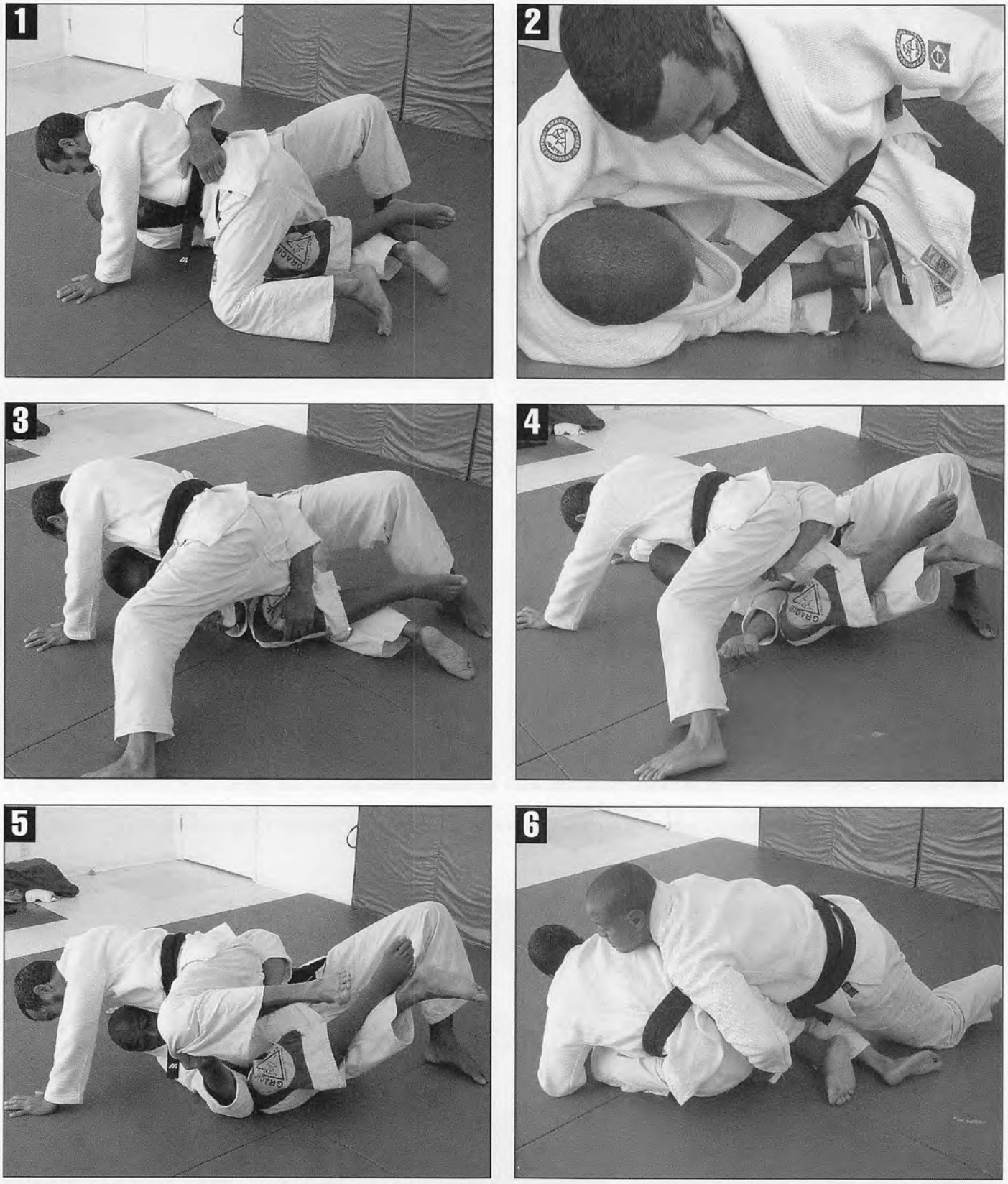


HALF-GUARD THROW TO SIDE CONTROL **Holding his opponent in his half guard (1), Roberto Traven grabs the back of the gi (2), pulls upward (3), rolls with his body (4), and throws his opponent over his shoulder (5). Following the throw, he comes on top and secures side control (6).**

Half-Guard Fighting Techniques

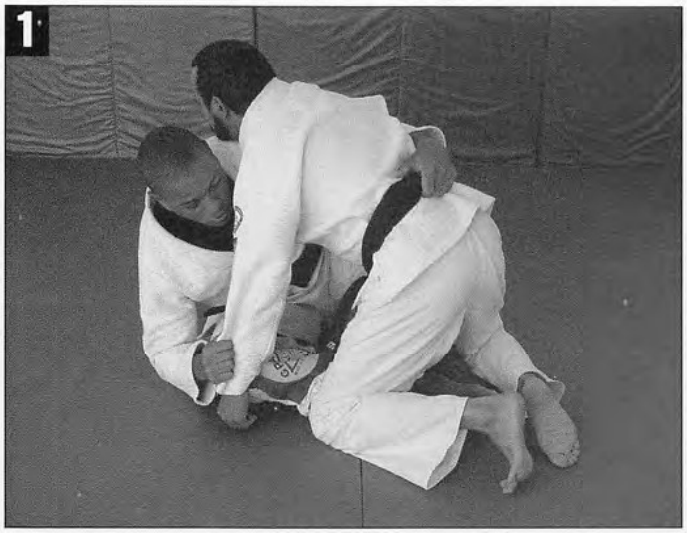


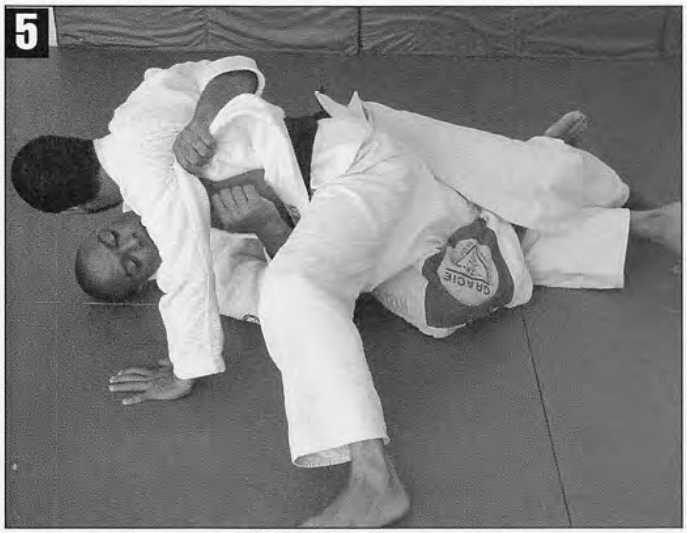
HALF-GUARD LEG ESCAPE TO SIDE CONTROL With his opponent in his half-guard, Roberto Traven grabs the belt (1). Sliding his hips out, Traven grabs the ankle with his right hand (2). Switching arms, he traps the knee with the right hand, keeping the foot in control with his left (3), and then pulls the leg in, destroying his opponent's balance (4). Throwing his hips over the legs (5), Traven then moves to side control (6).



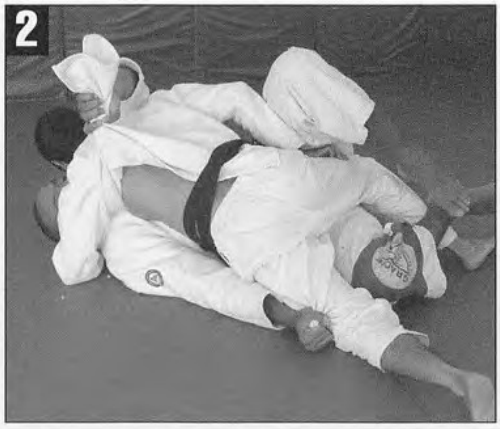
HALF-GUARD UNDER-ROLL TO BACK CONTROL Trapped in Roberto Traven's half-guard, his opponent starts to go on top (1). Traven grabs the back of the gi, then secures a grip on his opponent's waist (2). As his opponent steps out to keep his base (3), Traven reaches for the knee (4), pushes his opponent into the air (5), and then rolls the leg under, pulling him off-balance and coming to a back-side control (6).

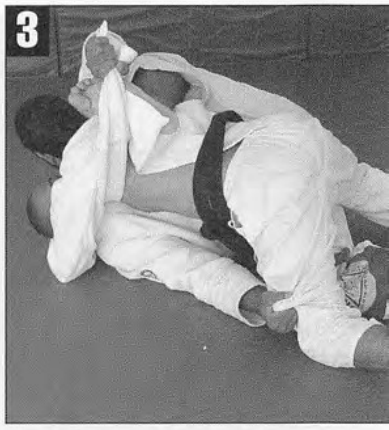
Half-Guard Fighting Techniques





HALF-GUARD BACKDOOR ESCAPE TO SIDE CONTROL Roberto Traven and his opponent struggle for position in Traven's half-guard (1). As his opponent starts to come on top (2), Traven slides underneath with his hand on the belt (3), traps the legs (4), and then pulls his opponent into him (5). Grabbing underneath the knee (6), Traven ducks his head beneath his opponent's legs and throws him (7), then comes on top to a strong side control (8).

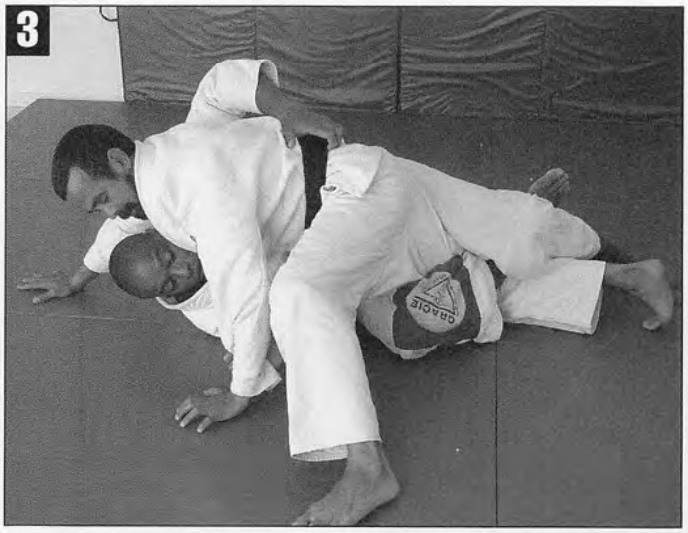


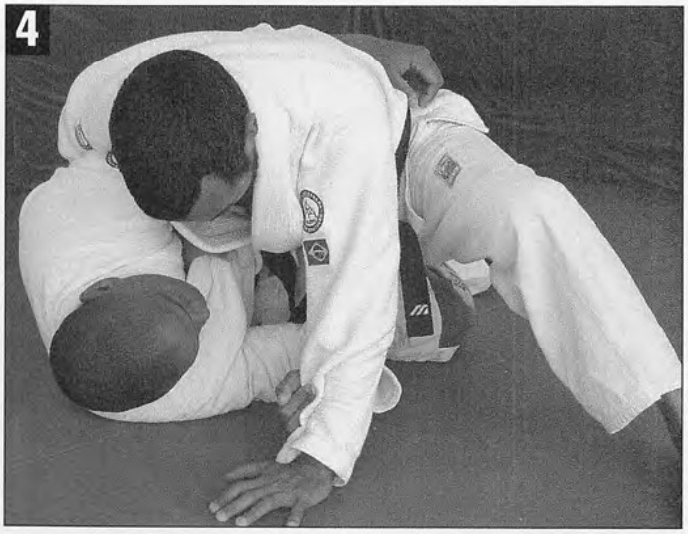


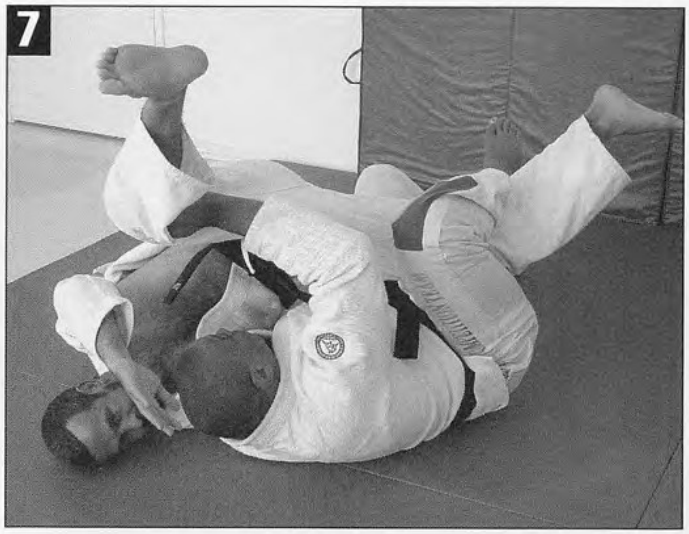
HALF-GUARD TOP SWEEP TO THE MOUNT His opponent pressures Roberto Traven, preparing to pass his half-guard (1). As his opponent moves on top, Traven grabs the gi at the knee (2), pulls on the back of the gi (3), and then pushes in the knee while pulling on the gi, throwing him (4). Traven then rolls on top with his leg up, and prepares to mount (5).

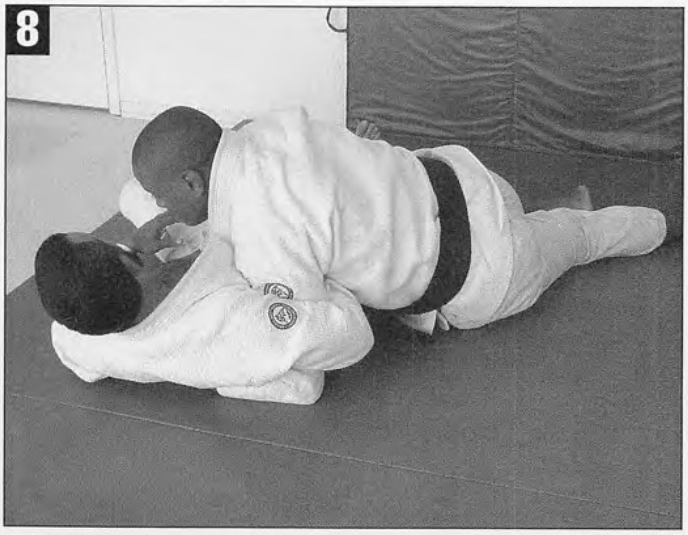
Roberto Traven Fighter's Bio

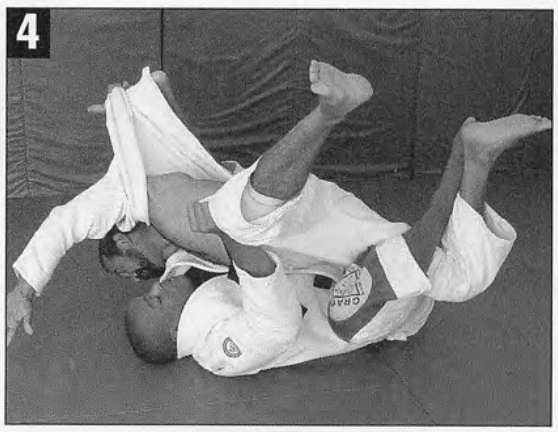
Roberto Traven has been said by many fighters to have the best guard in all of Brazil. A world jiu-jitsu champion who has competed in and won several no-holds-barred fighting events, Traven was also the Abu Dhabi Combat Club Absolute Division Champion at the World Submission Wrestling Championships held in the United Arab Emirates in 1999.

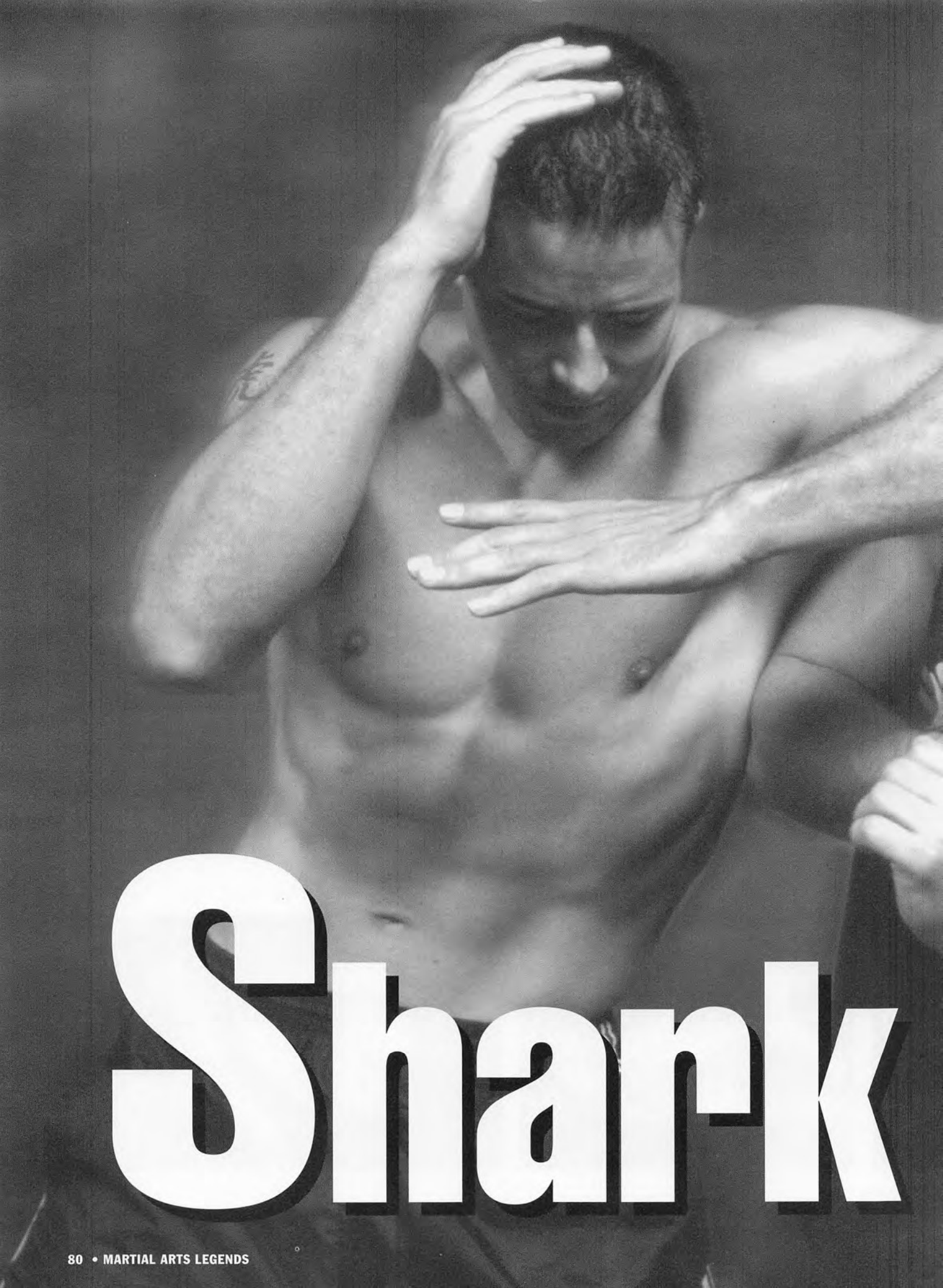










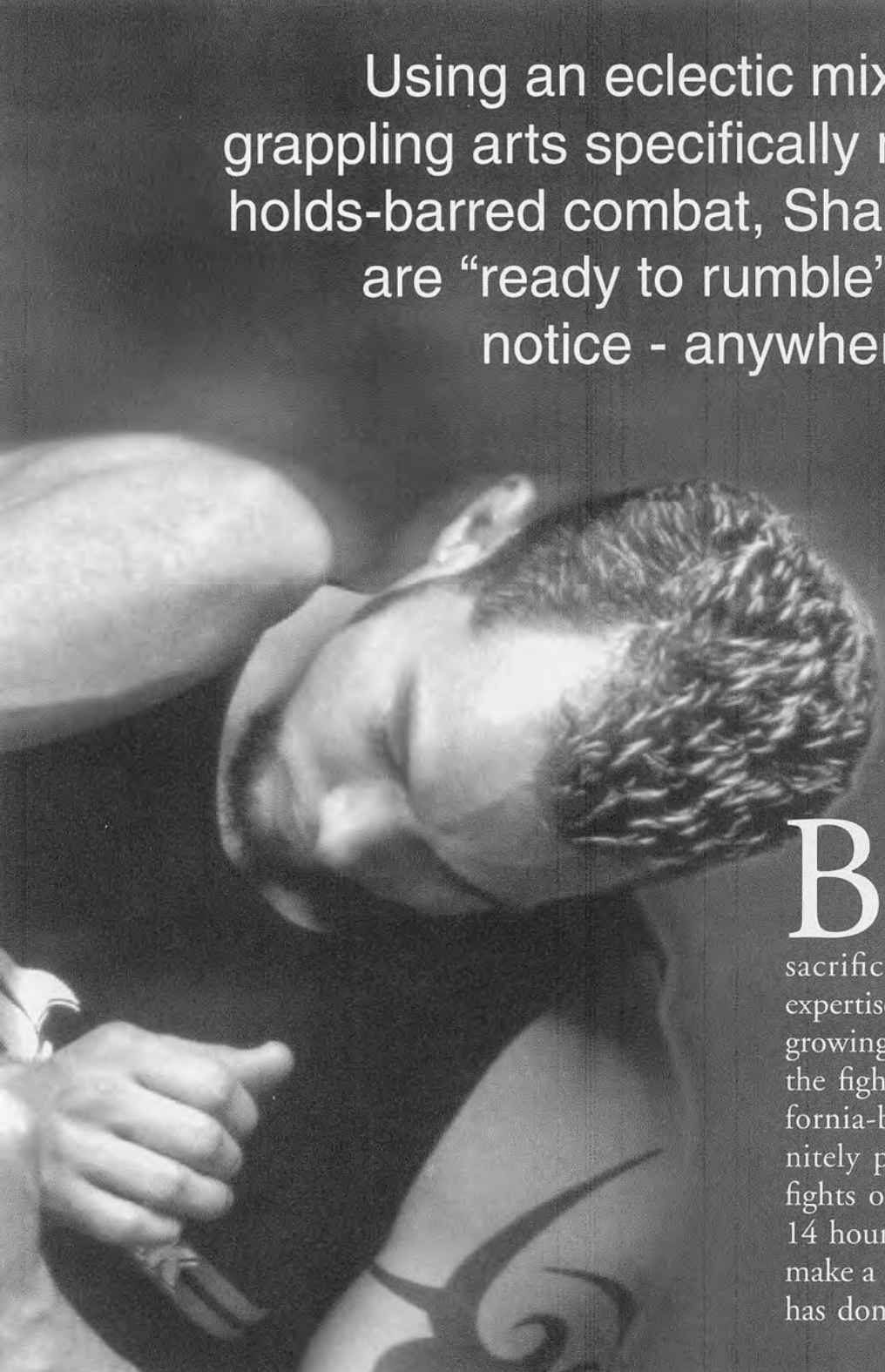


Shark

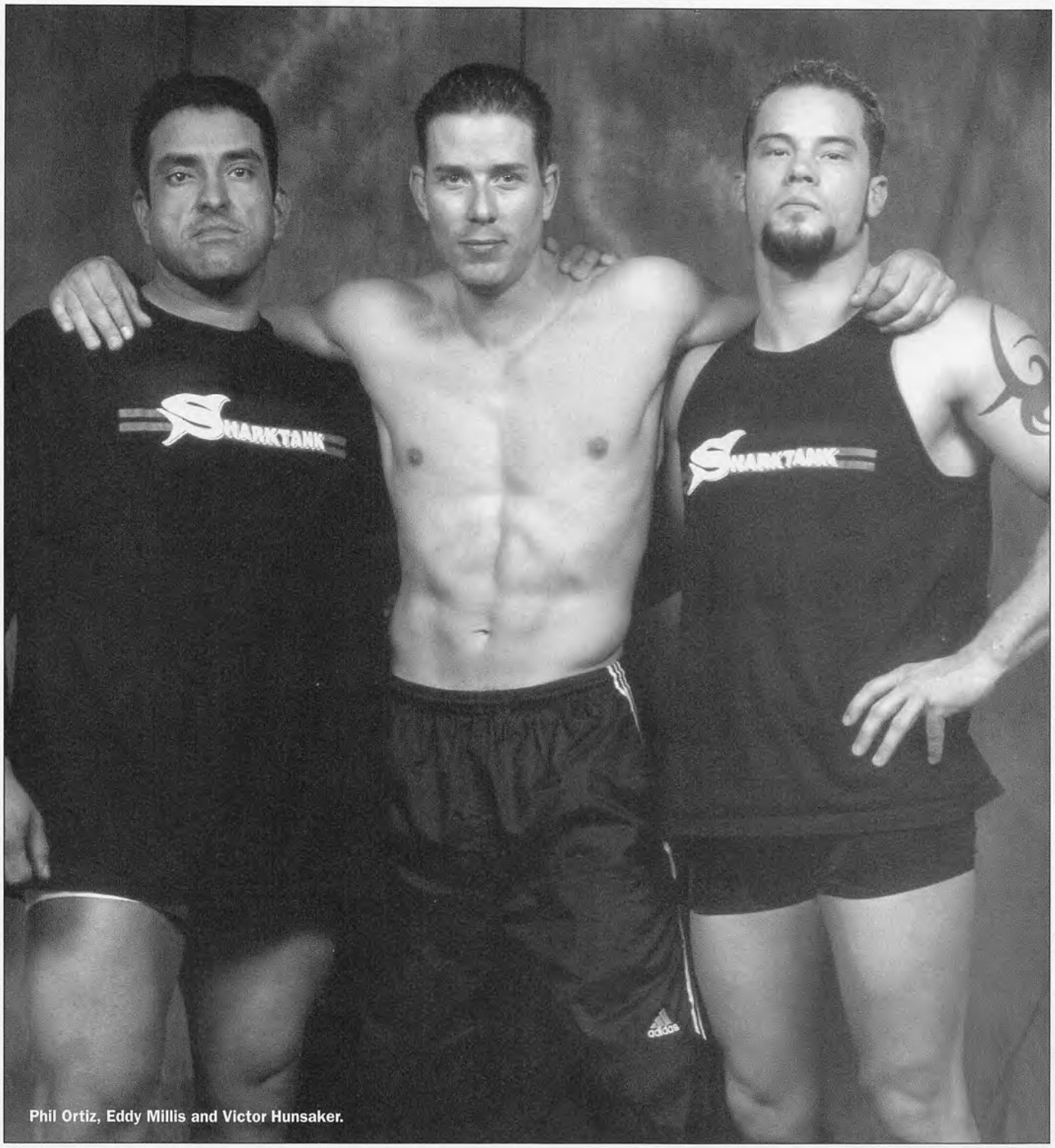
Attack!

Using an eclectic mix of striking and grappling arts specifically modified for no-holds-barred combat, Shark Tank fighters are "ready to rumble" on a moments notice - anywhere and anytime.

By Todd Hester



Becoming a championship team is never easy. It takes hard work, dedication and sacrifice to reach an elite level of expertise in any sport. In the new and growing sport of mixed-martial arts, the fighters and trainers of the California-based Shark Tank have definitely paid their dues. From taking fights on 12-hours notice to driving 14 hours in a van from California to make a fight in Texas, the Shark Tank has done it all and seen it all. While



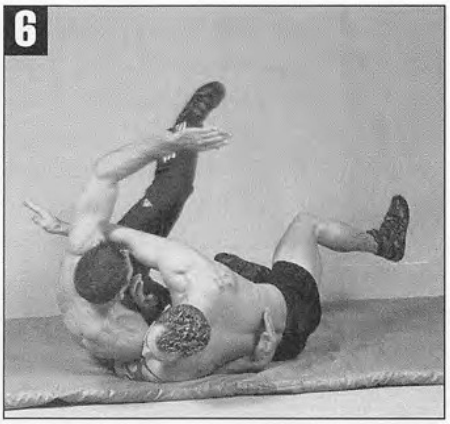
Phil Ortiz, Eddy Millis and Victor Hunsaker.

many might question their sanity, it has paid off for the Shark Tank in terms of their fighting successes many times over.

Fighting Record

As a team, the Shark Tank has notched over 95 wins in mixed-martial-arts competitions and has fought in almost every major event held throughout the world. This includes the Ultimate Fighting Championship, SuperBrawl, FutureBrawl, Extreme Challenge, Pancrase, Shooto, K1 Japan, King of the Cage, Neutral Grounds, Universal Above Ground Fighting, and Rings Japan.

As many promoters have commented, and as is well-known in the industry, the Shark Tank is always ready to fight. As a group and to a man, the Shark Tank takes pride in their extreme conditioning program as well as their rigorous cross-training regimen. Refusing to be limited to any one style, their fighting mix includes techniques from Western boxing, kickboxing, Greco-Roman and freestyle wrestling, Shooto, Brazilian jiu-jitsu, muay Thai, and submission grappling. "Training is rigorous and painful," says top shark, Eddy Millis, "but it is also an excellent source of stress relief. We have a lot of fighters that train but also many people who work out with us just for that reason. The Shark Tank has an operational tempo that exceeds normal limits. This tempo allows people to push themselves past what they thought they



Single-Leg Takedown Defense

Eddy Millis faces off against Victor Hunsaker (1). As Millis shoots for the leg, Hunsaker responds with a outside grab over the arm (2), and then breaks the single-leg by forcing Millis to the side (3), and stepping behind him (4). Controller Millis with a half-whizzer (5), Hunsaker throws him back over his leg (6), comes on top and gains side control (7), and then applies a neck crank (8), that allows him to punch from a superior position (9).

could do. We're the original "Be the best you can be."

Origins

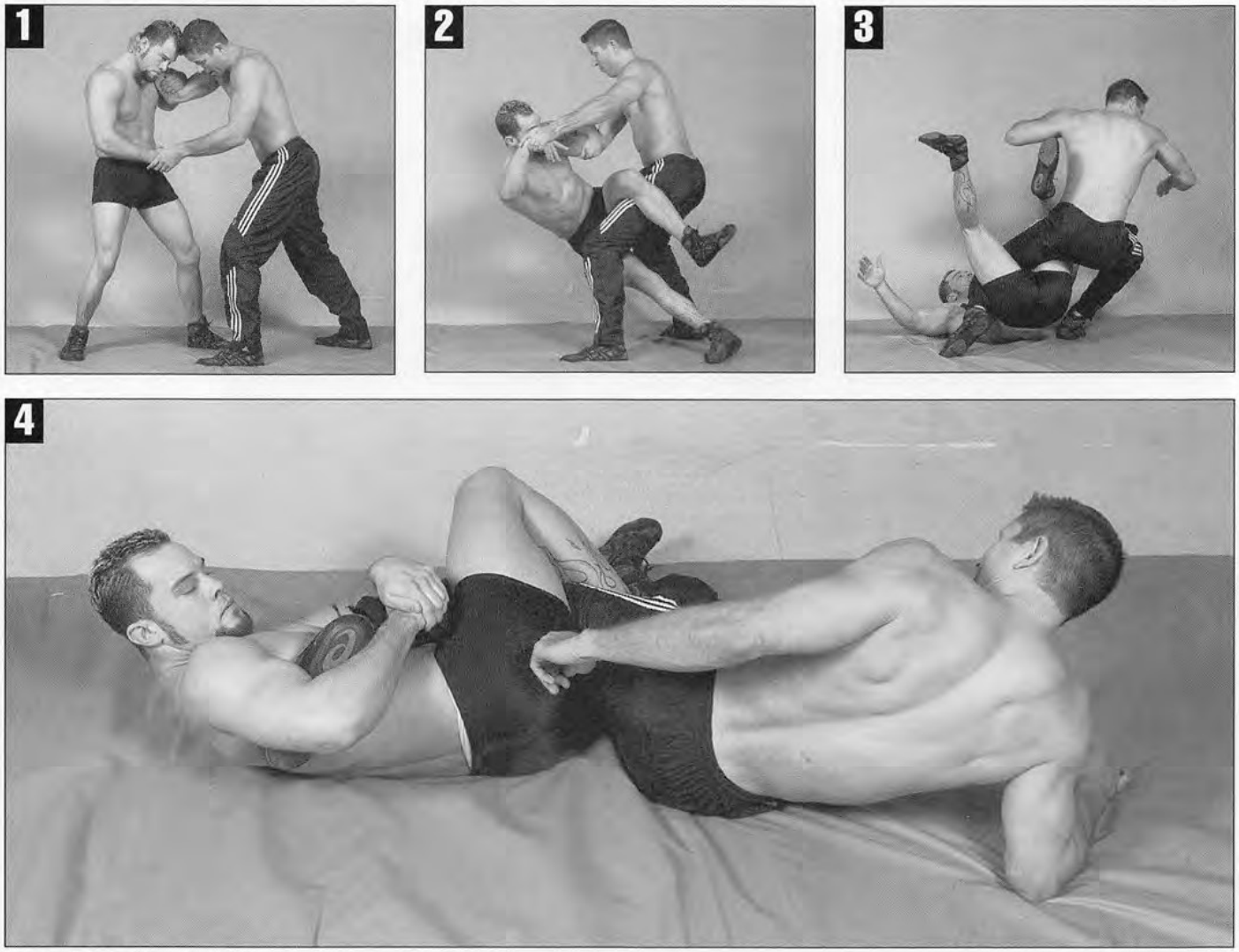
The Shark Tank is the brainchild of fighter and trainer Eddy Millis, who began training in karate when he was 8 years old, and developed an infectious passion for martial arts that would last a lifetime. In his early teenage years, Millis surprised his parents (and impressed his friends) by building a complete martial arts training center in his back yard. "I was punching and kicking plastic milk jugs filled with water and sand. I just wanted to be able to train the way I wanted to," Millis recalls. "I thought everything else was too easy." Seeing the need to balance his extreme fitness training with traditional combat methods, Millis also kept training at two local martial arts schools.

At 17, Millis enlisted in the U.S. Army and was stationed in Germany, where he continued to study karate and kickboxing and soon became captain of his military base's karate and kickboxing team. Wanting to apply what he had learned and taught, Millis began competing in full-contact karate tournaments as well as kickboxing matches, winning several of the tournaments he entered.

After his military tour ended, Millis returned to California and began studying jeet kune do, kali, Indian shootwrestling, and Brazilian jiu-jitsu. Liking the fast, aggressive style of the Japanese, he also began taking private lessons in Japanese submission fighting. With a natural aptitude developed from his childhood experiences of blending styles, Millis soon found himself mixing and matching the techniques of kicking, punching, and submission into a fighting method that was uniquely his own. Want to share it, he decided to start teaching.

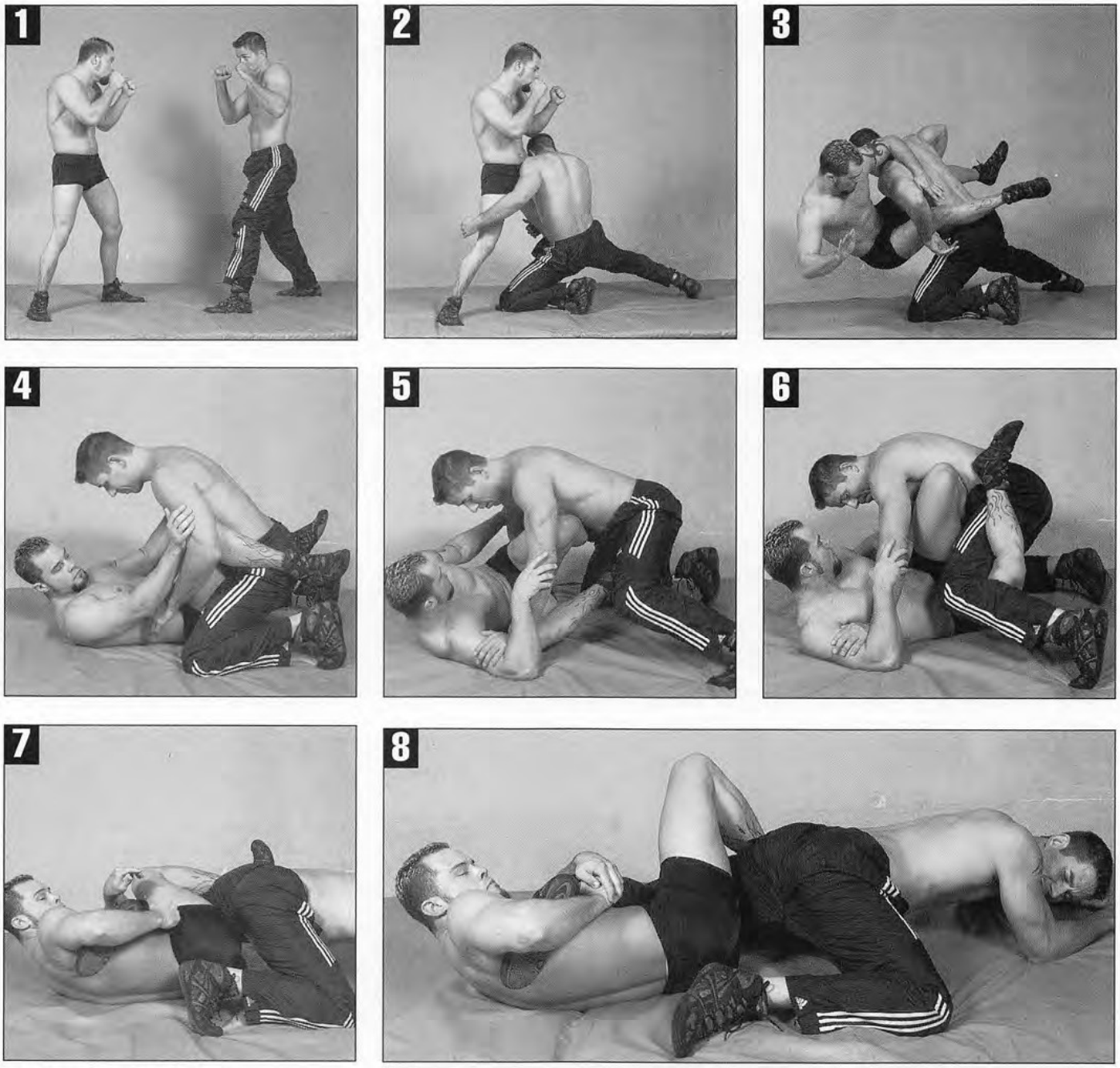
Humble Beginnings

The Shark Tank began rather informally when Millis started training a few friends in martial arts at a local college. Soon, these "few friends" became 30 students. He taught kickboxing on the football field and submission grappling inside the gym. Training, however, without official college sanction, they often had to sneak into the gymnasium and practice inside the dance room where they would not be seen. As the number of students continued to swell, Millis' brother Steve,



Heel Hook from a Clinch

Clinched up with Eddy Millis (1), Hunsaker falls back and scissors Millis' leg (2), takes him to the ground (3), and applies a finishing heel hook (4).



Double-Leg Takedown

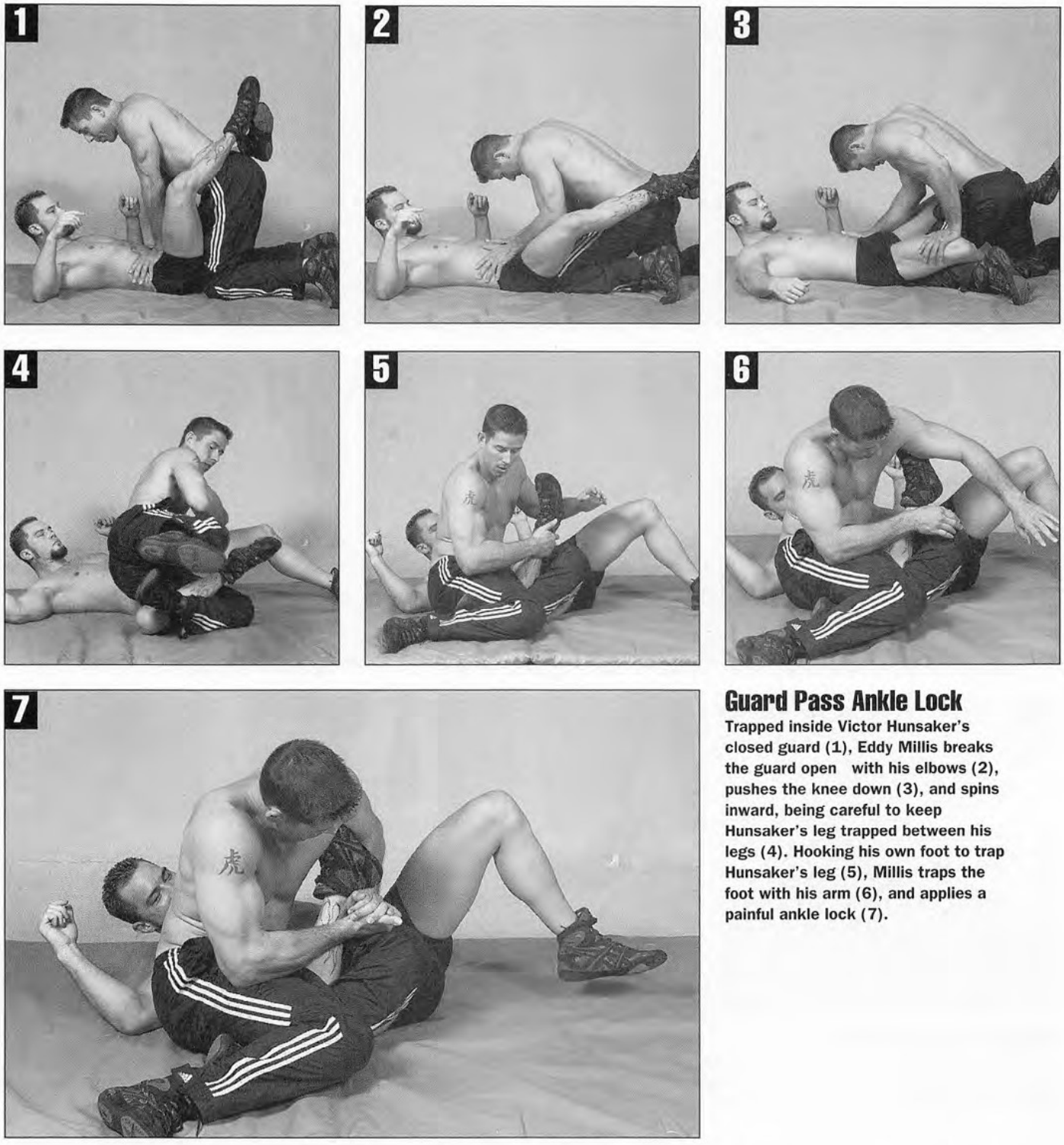
Eddy Millis and Victor Hunsaker face off (1). Millis shoots the double (2), and then takes Hunsaker down (3). Keeping space to move, Hunsaker puts Millis into the guard (4), then puts a knee on the stomach (5), then hooks his other leg around Millis' leg (6). Turning inward, Hunsaker secures the foot (7), and applies the heel hook submission (8).

also a martial artist, started helping him with the training. After several months of clandestine training, the college finally caught on and told them to train elsewhere. Rather than bringing an end to the fledgling school, however, this rejection only increased the Shark Tank's desire to train. Seeing that his intensity was mirrored by that of his students, Millis decided to "keep their drive alive" and continue their progression in martial arts. "The fun was over," Millis smiles. "It was time for the Shark Tank to get serious and to have our own school - Combined Martial Arts was born." Millis rented space at a local gymnastic studio and began offering kickboxing and submission grappling classes several times a week. Due to demand from wives and girlfriends of his male students, a women's kickboxing class was also added.

Ultimate Fighting Fever

Coincidentally, the UFC was just getting started around this time. Fueled by Royce Gracie's success, the UFC gained fame and popularity and caused no-holds-barred fever to sweep through martial arts dojos and schools around the country. Soon, several of Millis' students asked him when they could take part in a mixed martial arts fight. Always on the cutting edge of martial arts, Millis said, "Right now," and promptly took his team to several submission grappling tournaments, enjoying immediate success.

Millis' top student, Victor Hunsaker, emerged as the team standout, winning



Guard Pass Ankle Lock

Trapped inside Victor Hunsaker's closed guard (1), Eddy Millis breaks the guard open with his elbows (2), pushes the knee down (3), and spins inward, being careful to keep Hunsaker's leg trapped between his legs (4). Hooking his own foot to trap Hunsaker's leg (5), Millis traps the foot with his arm (6), and applies a painful ankle lock (7).

several big matches via leg and foot locks - soon to become trademark Shark Tank moves. Soon other students followed Hunsaker's lead - Ron Hernandez, Tony Covington, Matt Montecito, and Nathan Griego - also winning with foot locks. "At that time," Millis says, "most grapplers did not know a lot about leg and foot submissions. There wasn't a lot of people teaching them. But I love them, know them very well, and have a passion for them - so I passed that knowledge to my fighters. I really think that gave the Shark Tank a big advantage over our opponents in the early days of submission fighting. To this day, I still feel that it give us a advantage."

The Shark Tank

With Combined Martial Arts doing well in grappling events, Eddy decided to take the team to kickboxing "smokers," unofficial events held at individual martial arts schools. Again, the Shark Tank fighters were successful. Having shown promise in both grappling and kickboxing, Millis decided that the time was right to combine the two disciplines and enter no-holds-barred tournaments.

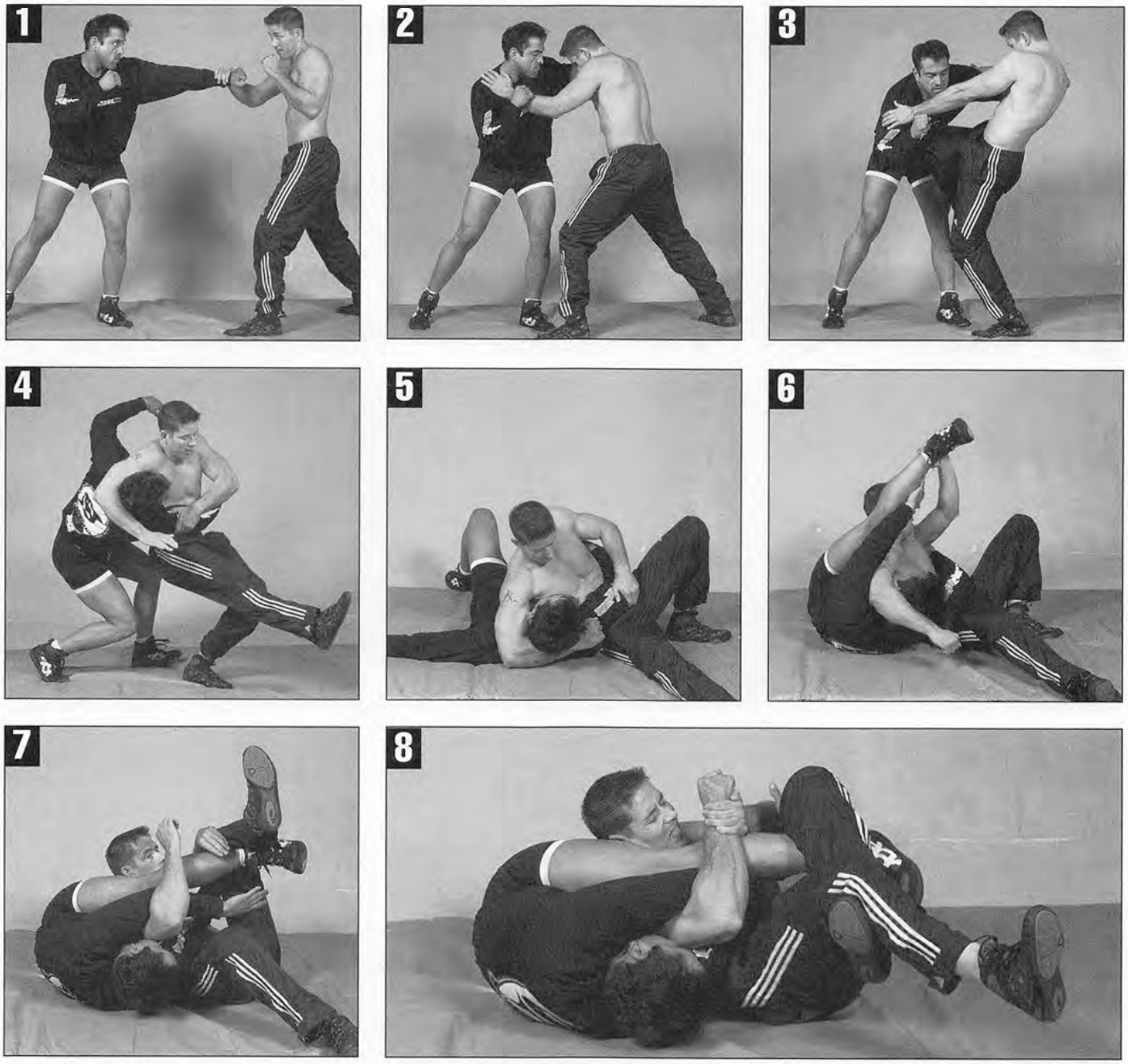
The team needed a name to fit their aggressive style - the name "Shark Tank" was born and the Shark Tank began fighting every month in local and out-of-state mixed martial arts events. "In the beginning we took anything and everything," Millis says, "just to get our feet

wet. This was even tougher when you consider that most of our guys work 40 hours a week at a regular job in addition to training and fighting. We're as blue collar as you get and never had the luxury of training full-time." Still maintaining a rigorous fighting schedule for the Shark Tank, Millis has become more discriminating about which events he sends fighters to. "My main concern is taking care of my fighters," Millis says. "Some no-holds-barred events are a little shady. I just want to make sure that my guys get paid now, and that they go into a situation where the judging is fair and impartial. I want my guys to know that I'm looking out for them and that they can depend on me to do the best for them."

Staying the Course

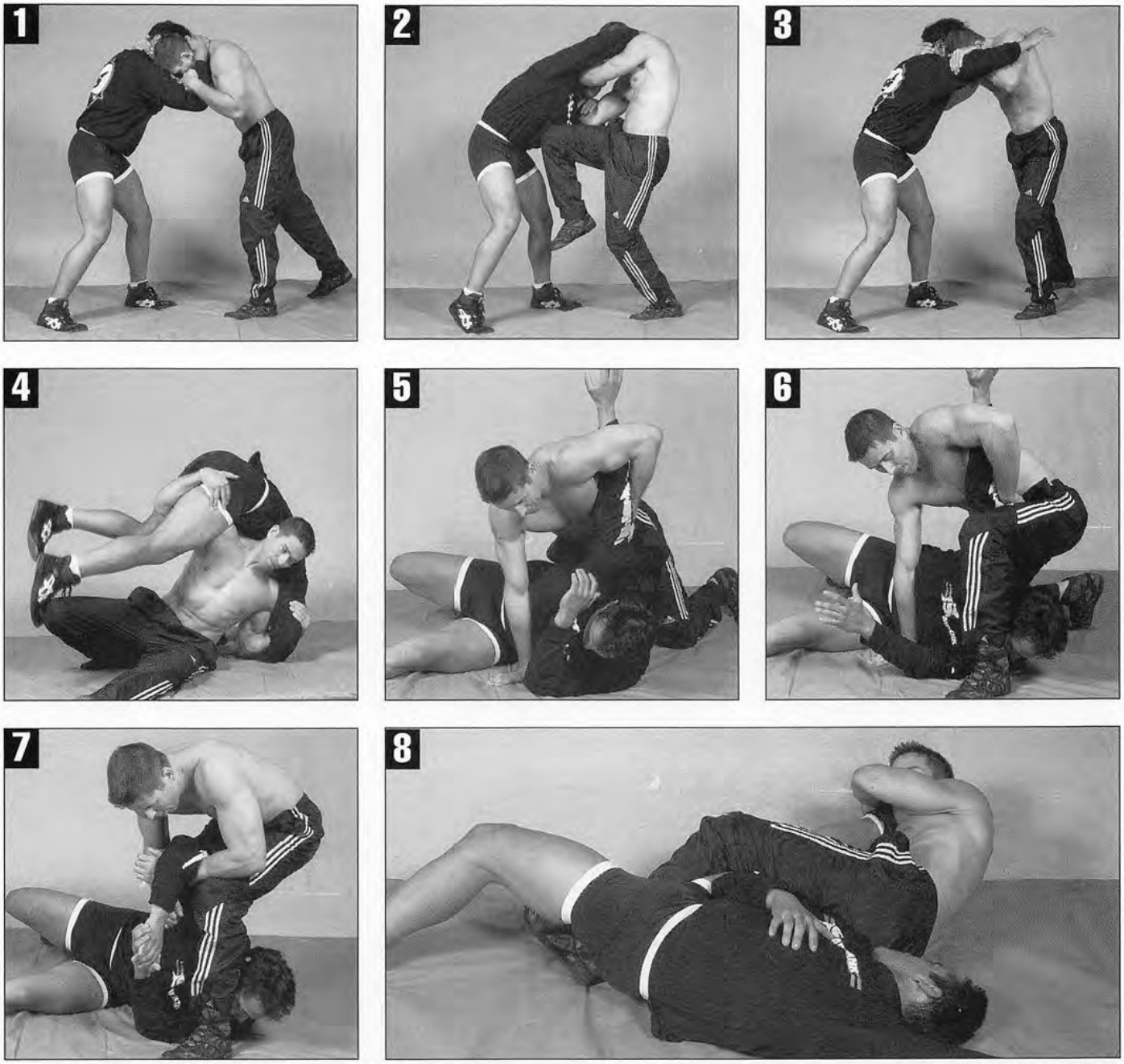
Today, Eddy Millis is considered one of the most well-rounded instructors in NHB as well as being regarded as a pioneer in the "team" approach to MMA fighting. His fighters, who are close to him on a daily basis, back up the reputation Millis has of being a team player. "I have trained with a lot of guys," says Shark Tank fighter John Alessio, "but Eddy's blend of conditioning, submissions and kickboxing, combined with his passion for teaching are incredible."

In keeping with his original passion, Millis continues to travel and train around the world, having trained kickboxing in Amsterdam with K1 great Peter Aerts, muay Thai in Thailand, submission fighting in Japan, and with the all-Army wrestling team. He also trains regu-



Takedown to a Knee Bar

Phil Ortiz attack Eddy Millis with a straight left (1). Millis slides inside and clinches (2), knees to the stomach (3), then takes Ortiz to the ground with a headlock throw (4), and secures him in side control (5). When Ortiz tries to counter by scissoring Millis' head (6), Millis pulls the leg down (7), hooks it with his own leg, and then applies pressure to the leg for the knee bar submission (8).



Fireman's Carry Takedown to a Knee Bar

Eddy Millis and Phil Ortiz collar tie (1). Millis knees Phil to the liver to open him up (2), then shoots a fireman's carry (3-4). Coming on top, Millis traps the arm and blocks Phil's hips (5-6). Phil counters and grabs his own arm (7). Millis then slides his right leg out to scoop Phil's right leg and finish with an option knee bar (8).

larly with Shooto World Champion Erik Paulson, whom he considers one of the most technical all-around fighters and teachers in the world. Millis also recently expanded into the Hollywood scene, becoming a fight trainer and assistant stunt coordinator on the reality combat television show *Battledome.*

Future Plans

Not content to rest on his laurels, Millis is driving the Shark Tank to gain an even larger prominence in the martial arts world by having joint training sessions with the world famous Lion's Den of Ken Shamrock. According to Millis, "Ken Shamrock, Vernon White, and the rest of the Lion's Den guys are great to train with. If you want to become the best you have to train with the best. So I'm thrilled with the association we have with them."

But when all is said and done, it is his fighters which matter most to Millis. "The Shark Tank's spirit is kept alive by Victor Hunsaker, Yosh Hall, Tony Petarra, Brian Warren, Jay Martinez, and all the rest of the guys," Millis says. "If I've had any success it has only been because of them. I'm grateful for where we've been, where we are, and where we're going. With two schools open and excellent instructors to pass along our tradition, I think the Shark Tank will continue to grow into the new millenium."

For more information on Eddy Millis and the Shark Tank visit their Web site at www.sharktankusa.com.

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Grappler's Grapevine

HOOKnSHOOT 2001 Schedule!

Jeff Osborne, HnS promoter states, "For 2001, we are changing our formula a little bit. For the past two years, HnS and the Abu Dhabi Qualifiers have run together, and we got involved with SHOOTO in 2000, and these were a great success. In 2001, we want to concentrate more on developing the sport aspect of mixed martial arts with Shooto, and we want to take the submission wrestling and get that more attention as well. Shooto has been a great addition for us, their organization is one we hope to continue working with. By the end of 2001, we would like to be doing SHOOTO 100% of the time in HnS. In March we will retire our Pancrase division, and all the matches we have for this year will use SHOOTO rules. We want to use the year to strengthen the ties further, if we can.

As for the qualifiers, we hope that our 2001 tournaments will be official American Qualifiers again as they have been for the past two years. That has been an honor, and at the 2001 event HnS will have five representatives. We hope in 2002 to send a team again, and the five qualifying tournaments will be held on one day, in September of 2001. The overwhelming feedback from fans and competitors alike tell us this is a preferred format. We also want to announce that ADCC will be modifying the criteria for application to these tournaments which will be geared towards giving new competitors a chance to compete. More details to come, but overall, we are excited about the big ADCC weekend are planning!

Thanks,
Jeff Osborne,
HOOKnSHOOT promotor

All Events Scheduled For
Evansville, Indiana's
Memorial Coliseum
January 27th, 2001
HOOKnHOOT Cyclone
March 10th, 2001
HOOKnSHOOT Quake
March will feature the 99 KG &
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May 19th, 2001
HOOKnSHOOT Masters
July 14th, 2001
HOOKnSHOOT Trial 4
August 18th, 2001
HOOKnSHOOT Trial 5
September 29th, 2001
HnS PRESENTS: ADCC
Submission Wrestling
November 17th, 2001
HOOKnSHOOT Kings

Support Mixed Martial Arts in the United States!

Below is a letter drafted by Grapplersworld.com and myself regarding the continuing e-mail campaign against the censorship of mixed martial arts on cable television in the US. We are asking everyone to post this letter on their web sites, to encourage people to fight this censorship, and to do it sensibly and intelligently, all of which is in keeping with the rich traditions of the sport of mixed martial arts. Please also let us know the reactions of both you and your supporters and friends to this campaign.

Dear Mixed Martial Arts Supporter,

As you are well aware, most of the American public is still not entitled to the opportunity to watch mixed martial arts events on pay-per-view on cable television. Since the majority of US households rely on cable for pay-per-view events, this is a major problem. Not only are the cable companies making the decisions for us as to what we are allowed and not allowed to watch, but this censorship is also slowing down the growth of our sport by artificially denying it a critical source of revenue.

Recently Jake Rossen, a writer who covers mixed martial arts for ign.com, interviewed Joe Boyle, the public relations spokemen for In Demand, the pay-per-view network that has a virtual monopoly on pay-per-view distribution to cable television. Boyle basically said anything is possible in regards to mixed martial arts events appearing back on cable, but that In Demand has no plans of airing them. In the past, the In Demand representatives have stated that they have received numerous requests for these events. An article on our previous e-mail campaign appeared in "Multichannel News," the leading cable television trade publication.

However, the noise our community was making was not yet loud enough to make a difference. Let comments like these be a rallying cry for our cause. So, once again, we will be going after the In Demand monopoly for our right to choose.

With the tremendous safety record of the legitimate mixed martial arts promotions, the recent running of UFC and IFC shows in Atlantic City, New Jersey, under the sanctioning of the New Jersey State Athletic Control Board, and the adoption of rules for mixed martial arts by the California State Athletic Commission, there is simply no excuse for not giving this sport a shot!

All you have to do is write a simple message stating that you want to see mixed martial arts offered on cable on pay-per-view. With this in mind: 1. Please be polite. 2. Suggest that organizations like the UFC and IFC, which have run numerous state-sanctioned shows and have impeccable safety records, be given a chance to run trial shows, and that In Demand takes a look at the buy rates and safety standards. In the past, when UFC was still on cable, its buy rate was quite high, often surpassing that of pro wrestling. 3. Inform them of the upcoming dates of these competitions. 4. Let them know that these sports are now 100% legal in many US states, and that they are aired on cable in Canada by Viewers Choice Canada and Canal Indigo. 5. Inform them that In Demand, Time Warner, and AT&T are acting like monopolies, and that they have no right not to respect our right to choose. 6. Remind them that a growing number of people are dropping cable for satellite services such as DirecTV and the Dish Network which do offer mixed martial arts events.

The direct email links are as follows (In Demand needs to be hit the hardest): **In Demand:** *www.indemand.com/frames.asp?page=about&item=contact* **AT&T Cable:** *www.broadband.att.com/pages/contact.html* **Time Warner Cable:** *www.timewarner.com/corp/about/cablesys/twcable/request.html*

Repeat this process as many times as possible. Thank you for believing!

Eddie Goldman, *eddiegoldman@eyada.com*

Letter to the Editor

In a recent issue, you gave the results of a fight for Pride 9 "New Blood" where I fought Akiri Shoji in a Pride Event. Certain facts regarding the fight did not come out in the article and I wish to clarify them. I had taken the fight against Shoji on only a one week notice and so did not have time to prepare to fight him. Also, Shoji weighed around 215 pounds, while I weighed only around 180 lbs, which made for a 30 pound weight difference. I feel that if I had either been able to prepare longer for the fight, or the if weight difference was less, the outcome would have been much difference.

Sincerely,
John Renken

Give It To Us, Baby!

Got a beef? Got an announcement? Got an upcoming event? Got some results? Got something you want to get off your chest (besides that 300 lb. ex-wrestler)? Then give it to us! Submissions should be half-page or less and include a photo and contact information. Event announcements should be at least 90 days prior to the event. Send it to Grappler's Grapevine, c/o Todd Hester, Editor Grappling Magazine, 4201 Vanowen Place, Burbank, CA 91505.

Just Released

"Conditioning for Combat Athletes"

BY KARL GOTCH

Five years ago this video was made for remembrances - not for commercial purposes. It is part of the Karl Gotch legacy. How did "The God of Pro Wrestling" get his men into phenomenal shape? What exercises did he have them do? How was he able to make them big and strong without weights?

Until now, it's been a mystery. But now you can find the secret conditioning exercises that will take you to the top.

This video contains 65 years of experience, including centuries old "proven" and "time-tested" exercises from all parts of the world, picked up during Karl Gotch's travels. The tape starts with simple exercises and builds to the more difficult ones. See Hindu squats and pushups, and various other body-weight exercises. Then watch as Karl's student practices the art of rope climbing like never before. First he goes up with hands and feet. Then with hands alone. Then with a rope in each hand. And then, the most amazing feat of all ... watch in awe as Karl's student climbs the rope upside down!

"If Karl hadn't agreed to release this tape, these proven and incredibly effective exercises would be lost forever. To put it mildly, these exercises have changed my life."

—Nathan Hatton, Canada

After you see this you'll be motivated to train like never before. But there is a lot more to be seen after that, including the little known art called "bridging gymnastics" and the still rings. Awe inspiring material that WILL greatly benefit any combat athlete or fitness enthusiast.

"This video is a must for every combat athlete, amateur or pro, and a real deal for anybody interested in his health."

—Bud Jeffries, Florida

If Karl would have gone into detail for every possible way to work each exercise in the video, it would have taken several hours. So, instead, he has given the essence of what it takes to put you on the road to success ... doing so in a fraction of the time.

This limited edition video is only available for a short time and is sure to be a collector's item.

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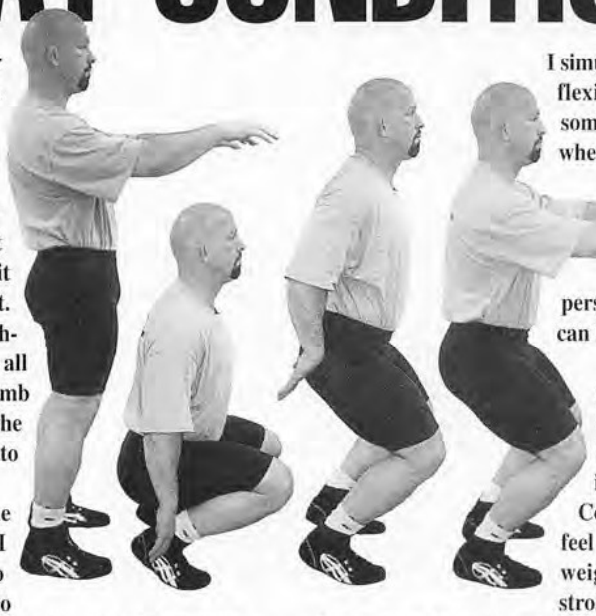
COMBAT CONDITIONING



Animals in the wild are in far better shape than human beings. Regardless of size, they are stronger, more flexible, and have greater endurance. Yet, they do not push weights or train on mechanical devices. How do these animals get into this kind of condition? They do it by working with their own body weight.

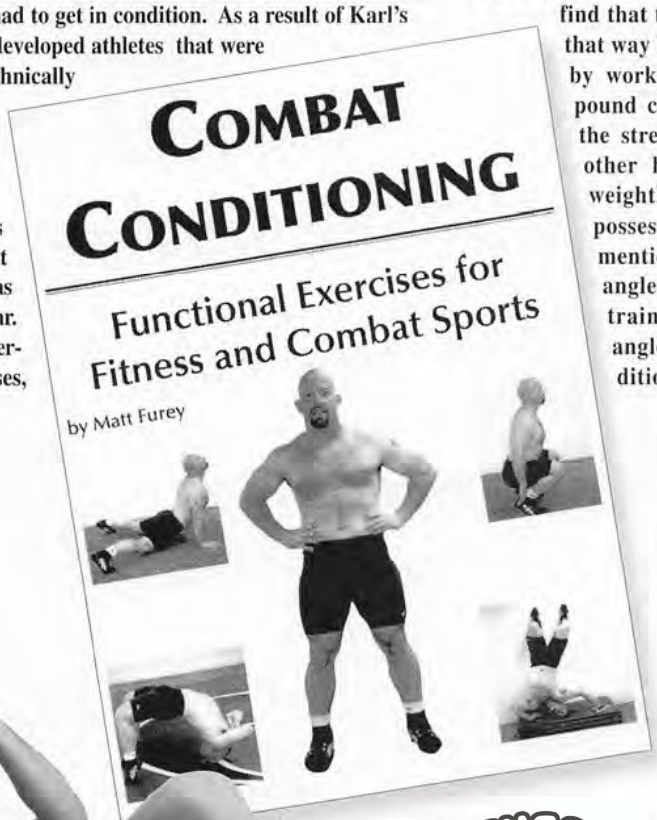
They master their weight by stretching from all directions and from all angles. Animals also run, jump, climb and wrestle. If an athlete wants to get the most out of himself, it is a good idea to copy the way of the animal.

Don't believe me? I don't blame you. I once believed the same. Then I met Karl Gotch, a 1948 Olympian who is revered as the "God of Pro Wrestling" in Japan. Before Karl taught anyone in Japan a single hold, the athlete had to get in condition. As a result of Karl's training method, he developed athletes that were physically and technically superior to those who used other modern-day methods.

None of the exercises Karl Gotch teaches require weights, yet at 75 years of age he has the strength of a bear. Within 30 days of performing these exercises, I simultaneously increased my strength, flexibility and endurance. This is something that I could not accomplish when I trained with weights. Lifting weights can make you stronger, but the strength is usually not functional. The size of a person's muscles does not mean he can hit harder, faster, or more often.

Another amazing fact about this method of training is this: You can give up all weight training for 90 days and simply do the calisthenics I teach in my book, Combat Conditioning. After 90 days, if you feel inclined to test yourself on the weights, you'll note that you are stronger than ever before.

When you look at primates (or any other animals), you'll find that they are incredibly powerful. Did they get that way by lifting weights, or did they get that way by working with their own body weight? A 60-pound chimpanzee, for example, has three times the strength of a human being. An ape, on the other hand, has the strength of 10 Olympic weightlifters. More importantly, these animals possess an ungodly level of strength (not to mention flexibility) from every position and angle. If you follow the way of the animal and train your body from every position and angle, you'll soon be convinced that this conditioning method is the best.



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Continued from page 71

produced more incredible displays of athleticism and techniques by both fighters and at the end of the overtime they were still scoreless. It was up to the referee to make a very difficult decision, but Vieira got the nod due to the fact that he initiated more of the action.

MIDDLEWEIGHT FINALS

Saulo Ribeiro vs. Rodrigos "Comprido" Meideros

This was a Brazilian jiu-jitsu dream match: the five-time world champion, Ribeiro, against the two-time world absolute champion, Meideros. Both fighters entered the finals in less than optimum condition. Meideros had a bad knee and Ribeiro was suffering the effects of a bad nights sleep and severe jet lag. The fight began with the two champions feeling each other out. When the stand-up game ended up being a virtual stand-off, Riebiro put Meideros in the half-guard and, after some adjustment, went for a sweep. As Comprido's back hit the ground, one could see in his face a look of resignation - as if to concede the match. Ribeiro was now on top, ahead 2-0 and in Comprido's half-guard. That would be a position most fighters would want to avoid like the plague, because of Ribeiro's methodical and relentless attacking style. But this was not Ribeiro's day. As he began a guard-pass attempt, he carelessly left his arm in an exposed position - that was all Meideros needed. Attacking the arm with a kimura, he forced Ribeiro to give up a two-point reversal which tied the match 2-2. Ribeiro was startled by the move and in haste tried to stand-up - without noticing that Medeiros had his foot in control. Meideros tripped Ribeiro, who landed with his back on the mat. In that single moment, Meideros had changed the complexity of the match in a matter of seconds and went ahead 4-2.

Ribeiro, sensing the tide had turned against him, attempted several half-guard moves but they were well defended. It became apparent that Ribeiro had nothing left in the tank. The effects of his long travel, along with Medeiros' pressure and solid positions, had exhausted him and the match ended 4-2 with Medeiros on top, surprising many doubters who had predicted that Ribeiro would dominate him.

In the post-fight interview Medeiros showed himself to be a classy and gracious winner: "This is a very important victory for me because Saulo defeated me in the Rio State Championships and I wanted to even the record. He is one of the top competitors in the world and I am fortunate to come out the victor today." Ribeiro also showed a high level of sportsmanship: " Comprido is an excellent competitor, and at this level of competition one can expect these things. I wasn't feeling good today, I couldn't sleep last night, and he took advantage of the opportunity that was presented to him. Congratulations to him - but I'll be back."

HEAVYWEIGHT FINALS

Mark Robinson vs. Jeff Monson

As the heavyweight finals began, the certainty of Mark

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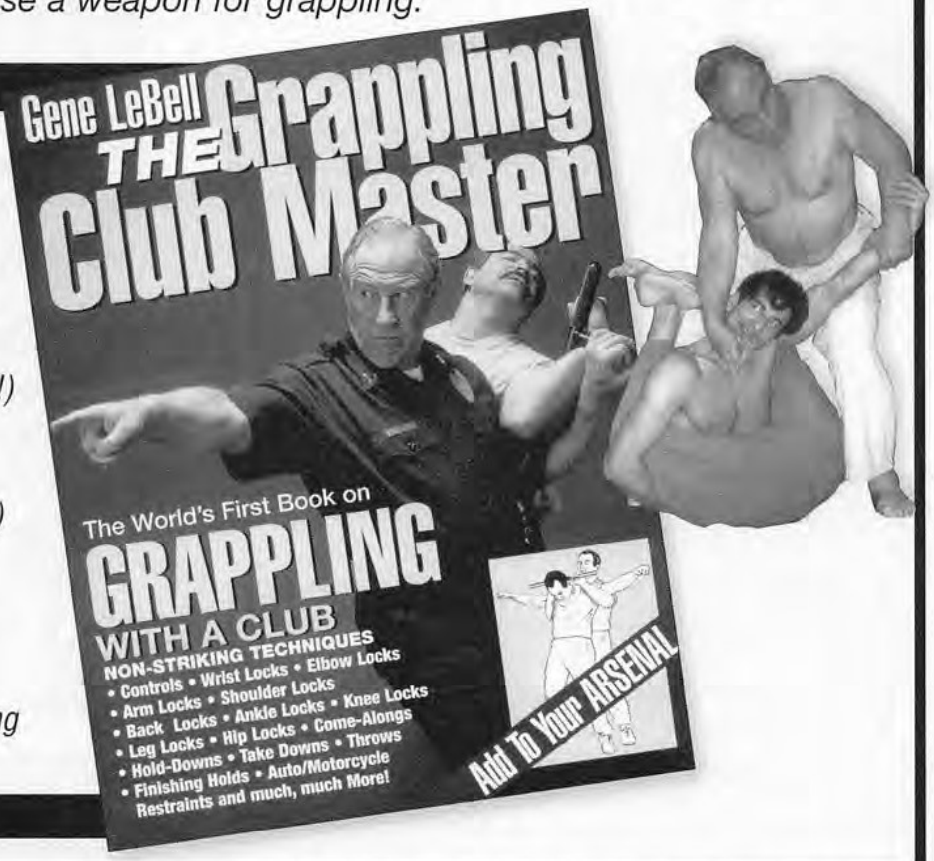
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Robinson's victory seemed a given to most of the crowd. Robinson is a world champion sumo wrestler, a national judo and sambo champion in his native South Africa, and the current WEF super heavyweight champion - he also outweighted Monson by 100 lbs. Pressing his weight advantage, Robinson spent most of the 15-minute regulation time attacking Monson's guard, and had the 1999 ADCC champion smothered and defensive. With only 15 seconds to go, however, Monson somehow managed to get between Robinson's legs for a half-guard sweep and score at the buzzer. Robinson, angry with himself and at losing the match in the final seconds, tried to start a fight with Monson, pushing him twice. Monson restrained himself, however, and Robinson quickly regained control of his emotions. Later, in a show of good sportsmanship, Robinson was seen apologizing and chatting amicably with Monson.

FEATURED SUPERFIGHT

Royler Gracie vs. Anthony Hamlett

After a ho-hum superfight between an injured (two broken ribs) Megaton Dias and winner Gustavo Machado, the featured match took center stage - the rematch between Royler Gracie and Anthony Hamlett. The two had met once before, during the ADCC 2000 semifinals last March, with Gracie winning by points. Since then, Hamlett had been actively seeking a rematch. He stated many times that he hated losing more than anything and that he thought he was "out-strategized" by the much-more experienced Gracie, rather than physically beaten. Hamlett trained hard for the rematch. He had four months advance notice for the fight and with the help of coach Matt Hume, refined his fighting approach and devised what he thought would be a winning strategy. Royler also prepared hard for the match, wanting to prove to the Hamlett and the world that he was still top dog. Without the pressure of the ADCC tournament hanging on his shoulders, and with only one match to fight, he was confident he could unleash his fearless, go-for-it style that he felt Hamlett had not seen at ADCC. Before the match he said, "I am really well-prepared and I am going to go at him like a pit bull!"

The stage was set, with both fighters very determined and with a strong desire to prove their valor and skill. Both fighters wanted not only to win, but to destroy their opponent. But, of course, only one could succeed. As the referee signaled the start of the match, Hamlett snapped Gracie down and attempted to take his back. Gracie defended and the two stood up again. Hamlett again snapped Gracie to the ground, but this time Gracie put Hamlett in his guard and immediately attacked Hamlett's foot. Hamlett responded by attacking Royler's opposite foot. Both fighters were not holding anything back, but Royler had a much better position and applied crushing pressure. In desperation, Hamlett tried to spin out of the lock but it was too late - the pressure was too much and he was forced to scream-out in submission. The referee

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Pro-Am

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stopped the fight. Royler Gracie, once again, had had proven himself to be the class of the field and perhaps the entire world.

Final Words

The inaugural International Pro-Am was by most measures a resounding success - because great fighters make for a great event. If the promoters maintain the matchmaking formula next year, choose a hosting city that houses more grappling academies, and run the event during a more suitable time of year (anything but winter on the East Coast), then they will attract the spectators that the event lacked this year and thereby ensure a total and complete success. The vision, dedication, and hard work of promoters Frank Mullis and Billy Dowey is the kind of effort that will help push submission grappling to new levels of success in the United States, and help it to become a mainstream, accepted sport.

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Ricco Rodriguez

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a practical limit. But I think that everybody should share their part of the pie and not fight each other and try to increase the exposure for all the fighters and the entire sport. It's like the old saying, "You have one lawyer in town, he starves, but if you have two lawyers in town, they become wealthy." The more players in the game the better it's going to be for everyone.

Q: Where do you see yourself in five years?

A: I'm just really concentrating on making my own personal goals happen and taking my career a step at a time. I had a lot of fights this past year and I feel that I fought well. My goal right now is just to fight and win at Abu Dhabi in 2001, and then start training a lot more stand-up so I can be a more complete fighter. I think that's what fans and events are looking for - the complete package - so they're going to see big things from me. Maybe not this month or this year or even next year; but eventually I will make a lot of noise. As a fighter, you've got to be confident and you've got to believe in yourself otherwise you're in the wrong game. So I plan on being the world champiion. By 25 I'm going to hit my prime - and I when I do I just don't see a lot of people who'll be able to hang with me.

Tito Ortiz

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and Tank is Tank That's who he is. No one is going to change him.'"

It's obvious that Tito Ortiz is cultivating a fan-friendly image to the public. Why the "Bad Boy" moniker then? Are there two sides to the UFC middleweight champion? "That's the whole point," he laughed. "You're catching on. A lot of people ask me that. Once I get locked in that cage, there has to be something in my body to trigger me and make me want to go out and inflict pain on a person. The money and everything, that's fun, but at the same time the competition can work wonders for somebody to win. The feeling of losing, there's no worse feeling than that. There is a difference between Tito Ortiz in the ring and Tito Ortiz outside the ring; because once I get in the ring, the light switch turns on. It's like a red light and it's time to go as hard as I can and try to break this guy. Break him mentally, physically, his arms, his legs, because that's what his job is, to take me out. Each and every time that I do it, it's a job for me to do, and I'm going to take the strategic way of putting things together with a game plan. But once I step out of the ring, I'm all smiles. My job is over, and hopefully I did my job. And each time I step out I make sure that I feel satisfied that I pushed myself as hard as I could, and that I took myself to that second level."

A Fan Favorite

As a fan favorite (Ortiz received the biggest ovation of the night at UFCXXVII in Atlantic City without even stepping in the Octagon), he is well aware of the importance of the public to the long-term survival of the sport. This awareness is no doubt due to his love of pro wrestling, an area that Ortiz has hinted at engaging in. Is MMA about to lose one of its most marketable stars? "I'm going to hold out on that right now and see how far this sport will go," said Ortiz. "I went to Wrestlemania a while back and I saw the brutality, the pounding those guys take. And they do it every day. People say those slams are fake, wrestling is fake, yada, yada, yada. But when you see the punishment those guys take, it's not fake. I'd rather step in a ring where I know I have a chance to stop anybody slamming me or to stop them from punching me. There you don't. The punches are pulled, yes, but getting slammed every day, getting hit by tables and chairs; all of that stuff takes a toll on your body. I think those guys are tremendous athletes, every one of them. They still inspire me. I watch WWF all the time. I learn little things from it because people look up to them so much. People don't understand what they go through, mentally, physically."

Role Model

Like one of the top pro wrestlers, Ortiz has done everything right outside as

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Tito Ortiz

Continued from page 96

well as inside the ring. He stars in the UFC video game, has his own clothing company (Punishment Clothing, available on titoortiz.com), and has gone on tour with Limp Bizkit to promote the game. But admirably, Ortiz' main goal is much more lofty. "To be a role model for kids is my main goal right now," said Ortiz. "Showing kids that once you set your mind to something, you can achieve anything at all. For some people, as soon as something negative enters their minds, they quit. Well, they didn't try hard enough. You've got to try and try and try until you either conquer that or you just don't do it anymore. My philosophy is 'go hard or go home'. You go all the way with something or you don't do it at all. I'm living my dream each and every day. The harder I work, the easier things come. The reason I'm different from everybody else is that I'm a real person. I care about my fans, I care what they think about. It means a lot to me, and I want to be something more than just a fighter. I want people to know what I'm like on the outside of the ring."

He continues, "I get E-mail from kids on my Web site all the time, saying 'you've been such an inspiration to me.' It's not a point of me being an inspiration to them, it's more of them being an inspiration to me, by writing and telling me this stuff. It makes me work harder. I wake up in the morning and run harder, box harder, wrestle harder, so kids could look up to me and say 'Wow, there's a person I could be like when I get older.' But at the same time, you could be anything. You don't have to be a fighter. You can be President. I never let any roadblock get in front of me that's going to block my way. That goes to every fan or friend - just achieve in life, and be a good person. I'm not really a religious person. I don't go to church every week or anything, I just believe in being good people, and treating people with the respect that they need. In the long run I want to help abused children, and kids in gangs."

Positive Energy

"When I was in college, and I was wrestling and trying to get my degree in teaching for physical education, special education teaching was my minor. So I want to help the kids who have problems with their parents and stuff like that. It' s the negative people that try and bring them down, because there's something wrong in their own lives. You need to push those people aside, get rid of the negative energy, and turn it into positive energy. That's an everyday idea. Any negative energy I have I just turn it around and make it something better. When I say I can't do that, I turn it around and say I can do that. I'm trying as hard as I can to do that. The negative things I try not to think about so much, it's mostly positive things every day."

And he owes a great deal of those positive thoughts to his wife. "She's my best friend," Ortiz said. "We've been together nine years. We were best friends first and we didn't even start dating until after high school. It took a lot of hard work. We're the perfect team, and we're lucky to have each other."

Tito Ortiz has come a long way. And he's still going.

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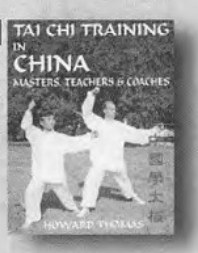

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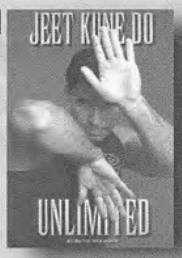

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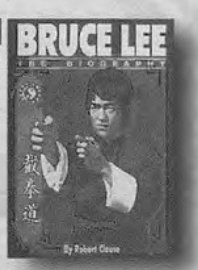

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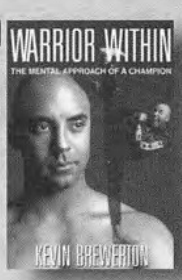

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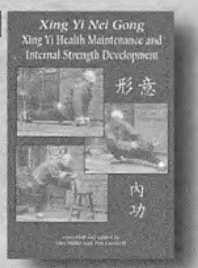

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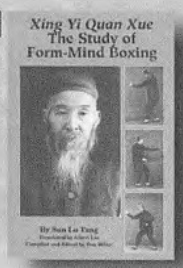

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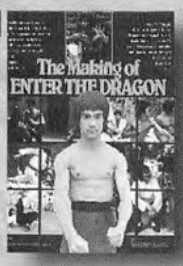

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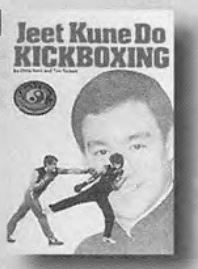

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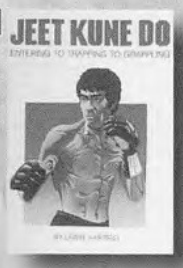

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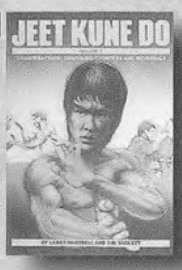

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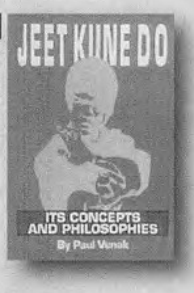

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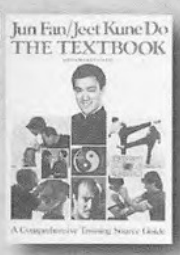

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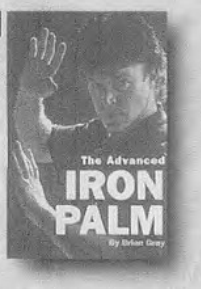

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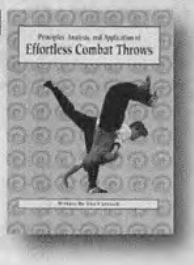

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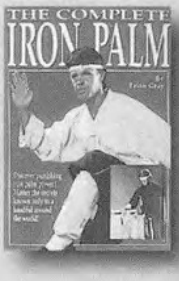

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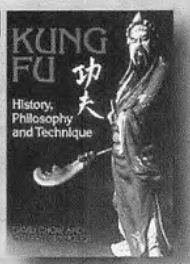

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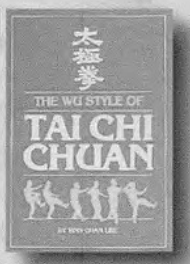

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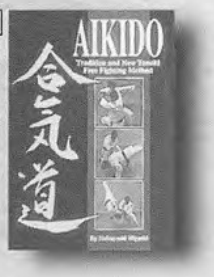

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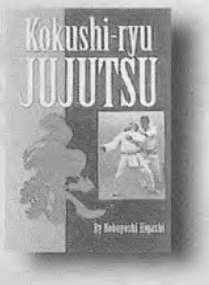

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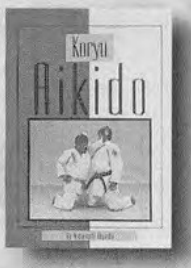

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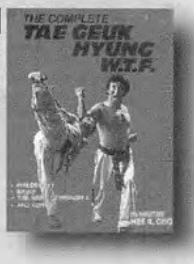

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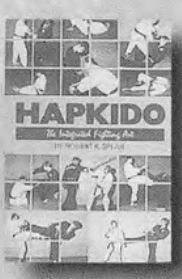

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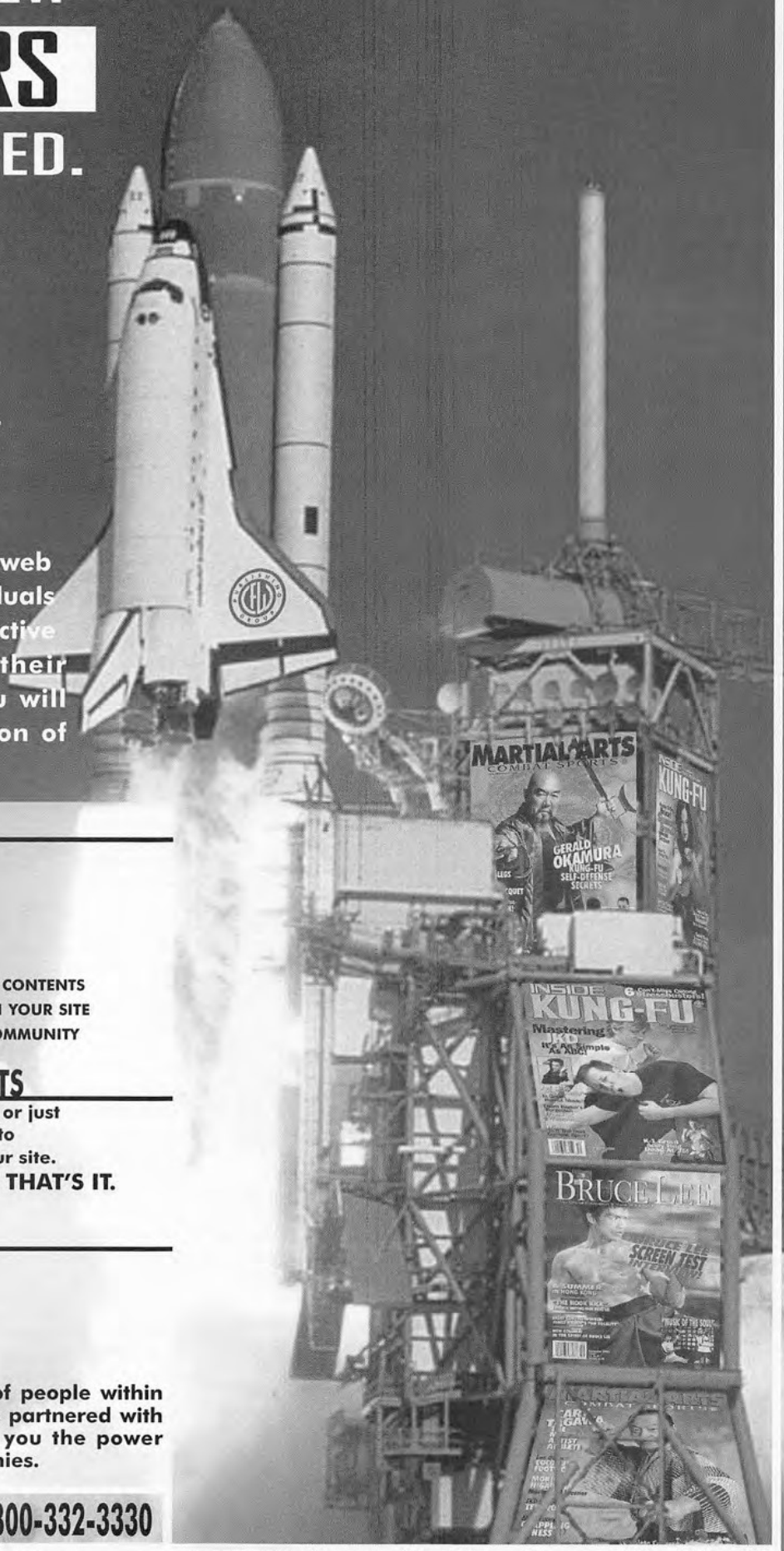

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Part 1

In this tape you'll learn the basic footwork patterns. Next, Edgar progressively teaches striking patterns such as solo kadena, lameco 1-2-3, x-strikes, kali six, thrusts, upward strikes, and cross strikes. Edgar demonstrates applications of these patterns against the number one strike.
LAME1 • $39.95 • 48 min.

Part 2

This tape continues where tape one left off. Edgar demonstrates applications against the 2 through 5 strikes. Edgar discusses the concept of openings created when striking and how to use them to counterattack your opponent. The tape concludes with a demo of progressive freelance sparring drills.
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LAMECO ESKRIMA: PRACTICAL SELF-DEFENSE
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Part 1

In this series, Edgar explores ways to defend yourself against a knife attacker. Edgar starts with the basic footwork. Next, he teaches defenses using the stick. Edgar interchanges a tennis racquet, an umbrella, a handkerchief and a belt in place of the stick and demos their applications.
LESD1 • $39.95 • 50 min.

Part 2

Edgar continues his self-defense lesson against the knife attack. He progresses to empty hand counters. First, a review of the basic footwork patterns. Taught next are a variety of methods for redirecting the knife attack. Also shown are a variety of disarms. Edgar concludes with self-defense techniques.
LESD2 • $39.95 • 50 min.

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Edgar teaches the basic footwork patterns; forward and back, sidestepping and triangle, plus maneuvers like ducking, bobbing and weaving. You'll learn the basic grips, the concept of the big circle and small circle, and basic striking angles. Edgar puts it all together in a series of 12 drills and shows how they work in combat situations.
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Part 2

In this tape, Edgar continues his lesson on using the single stick. He begins with a review of the basic footwork. Then he teaches a new series of 12 drills that combine all the basics previously learned. He concludes with additional drills designed to develop power in your strikes. This two tape seies gives you a complete look at mastering the single stick.
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PANANTUKAN
Filipino Kick boxing
FEATURING TED LUCAYLUCAY

This art and its techniques are deeply enhanced by the knowledge of the movements found in knife fighting. Ted clearly illustrates Blade Awareness and the techniques you'll need to learn Covering, Striking, Punching and Countering Skills.
PANT • $39.95 • 55 min.

THE POCKET STICK
FEATURING TED LUCAYLUCAY

Self defense in the palm of your hand! Featured are simple self-defense techniques against punches, grabs, kicks and more, as well as training methods and flow drills. The pocket stick is simple enough for anyone to learn as a viable means of self-defense.
PSO1 • $39.95 • 55 min.

STICKBOXING
FEATURING TED LUCAYLUCAY

From the structure of Kali and the concepts of JKD comes the dynamic art of 'stickboxing', that uses the full arsenal of Kali/J.K.D. tools, including kicking, elbows, knees, sweeps, locks and takedowns. However, the common denominator is the boxing structure, the glue that binds the arts together.
SBO1 • $39.95 • 55 min.

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Traditional Goju-Ryu Karate
FEATURING KENT MOYER

VOLUME 1: WHITE BELT TECHNIQUES
Junbi Undo • Hojo Undo • Kihon • Kihon Ido • Sandan Uke Harai.
GOR01 • $39.95

VOLUME 2: YELLOW BELT TECHNIQUES
Hojo Undo • Kihon Ido • Sandan Gi Ni • Higaonna Sanchin Kata • Miyagi Sanchin Kata • Geki Sai Dai Ichi Kata • Geki Sai Dai Ichi Bunkai • Geki Sai Dai Ni Kata.
GOR02 • $39.95

VOLUME 3: GREEN BELT TECHNIQUES
Kihon • Kihon Ido • Introduction to Fighting Stances & Movements • Kihon Ido Fighting Drills • Kotekitai • Sandan Gi San • Geki Sai Dai Ni Bunkai • Saifa Kata • Randori.
GOR03 • $39.95

VOLUME 4: BROWN BELT TECHNIQUES
Ukemi • Kihon Combinations • Basic Kakie • Sandan Gi Yon • Saifa Bunkai • Seiunchin Kata • Ippon Kumite • Yakusoku Kumite.
GOR04 • $39.95

VOLUME 5: BLACK BELT TECHNIQUES
Kihon Ido Combinations • Sandan Gi Go • Advanced Kakie • Seiunchin Bunkai • Shisochin Kata • Shisochin Bunkai • Weapons Defenses • Point Fighting • Iri Kumi.
GOR05 • $39.95

HAPKIDO
FEATURING SCOTT SHAW

Part 1: The Basic Elements of Hapkido
The Korean art of Hapkido translates to the way of coordination and internal power. Scott Shaw brings over 20 years of experience to this 4-part video series. Part one includes warm-ups, stretching, basic kicks, hand strikes, blocks, falling techniques, joint locks and basic self-defense.
HAP01 • $39.95 • 49 min.

Part 2: Deflections, Joint Locks & Throws
Part 2 focuses on deflection and distance control as a concept for defense. Scott then teaches advanced jointlocking techniques to control or throw your opponent.
HAP02 • $39.95 • 55 min.

Part 3: Kicking Techniques & Defenses
Hapkido is well-known for the dynamic kicks incorporated into the art from Taekwondo and Tang Soo Do. In this tape you'll learn advanced stretches and kicks, Hapkido concepts for using your kicks in combat, and proper defense against kick attacks.
HAP03 • $39.95 • 51 min.

Part 4: Ground Fighting, Weapon Defenses and Cane Techniques
The realities of combat may find you on the ground or facing an armed opponent. In this tape, Scott teaches kicks, punches, jointlocks and throws from the ground position. You'll learn self-defense against clubs, knives and guns. Finally Scott teaches the basics of Hapkido's unique weapon, the cane, demonstrating a variety of easy to apply techniques.
HAP04 • $39.95 • 53 min.

IRON PALM TRAINING
FEATURING BRIAN GRAY

Part 1
This series is for everyone who has ever wanted to break break boards and bricks with their bare hands! Brian Gray teaches you how to properly condition your hands and train in the iron palm technique. Tape one includes instruction on hand conditioning, ancient reasons for secrecy, iron palm liniment and limitations to the iron palm.
IRON01 • $39.95 • 53 min.

Part 2
FEATURING BRIAN GRAY
In this tape Brian will teach you: differences in breaking materials, proper breathing, focus, speed and centering, the fear factor, the spirit yell, isometric exercises and a board breaking demo.
IRON02 • $39.95 • 42 min.

Part 3
FEATURING BRIAN GRAY
In the final segment Brian teaches the wave and the whip, errors in breaking, advanced breaking skills, a brick breaking demo and concludes with a variety of iron palm fighting techniques.
IRON03 • $39.95 • 34 min.

DEFINING JEET KUNE DO
FEATURING BURT RICHARDSON

Burton Richardson brings you this fascinating and revealing six-tape series on Defining Jeet Kune Do, expanding on his previous 3-tape series.

Pt 1: Introduction to Jeet Kune Do
In this tape Burt discusses the JKD philosophy, and demonstrates the different ranges of combat and fighting postures. You'll learn the theories and concepts vital to building a strong foundation.
DJKD01 • $39.95 • 50 min.

Pt. 2: Empty Hand Ranges
This tape continues teaching you techniques that work in the kicking, punching, knee, elbow and grappling ranges. Burton then shows you how to combine these techniques and effectively use them in realistic fighting situations.
DJKD02 • $39.95 • 50 min.

Pt. 3: Attributes and Training Methods
In tape three of the series, Burton demonstrates the attributes necessary to truly enhance your fighting skills. You'll learn solo and partner training drills which are the key to making an individual into an accomplished martial artist.
DJKD03 • $39.95 • 50 min.

Pt. 4 Training Methods: Drills with Equipment
In tape four Burt demonstrates the five ways of attack and how to utilize various equipment in your training methods to further sharpen your speed and coordination.
DJKD04 • $39.95 • 50 min.

Pt. 5 Drills with Weapons and Sensitivity Drills
In tape five you'll learn single stick, double stick and soft stick drills. By perfecting the fluid movements necessary to maneuver the sticks, you are effectively improving your empty hand coordination skills. The sensitivity drills will make you more aware of your opponent's movements and allow you to react quickly to his attacks.
DJKD05 • $39.95 • 50 min.

Pt. 6 Sparring, Empty Hand and Weapons Techniques
Combining the information previously covered, you'll learn sparring drills that will greatly improve your ability to flow between techniques. To top things off, Burton will explore Kali's stick and dagger techniques to round out your knowledge.
DJKD06 • $39.95 • 50 min.

JEET KUNE DO CONCEPTS
FEATURING BURT RICHARDSON

Part 1
Burton explains the reasoning and philosophy behind the JKD concept. He starts the training with Kali double stick drills and striking patterns used to develop coordination, focus and martial technique. Burton translates the weapons motions to empty hands and teaches you to flow from one move to the next. Also covered is an overview of joint locks.
JKDR1 • $39.95 • 50 min.

Part 2
Burton concentrates on trapping and distancing. He starts by showing you the fighting measure and drills on how to manipulate this measure to your best advantage. Next you'll learn sensitivity drills to enhance your trapping skills. Burton finishes with some drills to develop your ability to flow from one technique to another.
JKDR2 • $39.95 • 50 min.

Part 3
Burton focuses on the kickboxing mode of JKD. Burton puts it all together including knees and elbows with combination drills using a variety of equipment. He also covers more Kali stickfighting principles and some sparring drills. Burton concludes with some examples of knife fighting and knife disarms.
JKDR3 * $39.95 * 50 min.

JEET KUNE DO CONCEPTS for KIDS
Bullyproof Your Child
FEATURING JUNE CASTRO

June teaches your child basic boxing and kicking skills and various offensive and defensive maneuvers. Interwoven into the training is the development of self-discipline and self-confidence that leads to success. June is assisted by her students, some as young as five years of age.
JKDK • $39.95 • 57 min.

JEET KUNE DO WOODEN DUMMY TRAINING
FEATURING TED LUCAYLUCAY

Bruce Lee used the wing chun wooden dummy for much of his personal training. Now Ted Lucaylucay demonstrates some of the non-traditional methods he learned while studying at the original Kali/JKD academy. He starts by showing some traditional training and progresses to add boxing and JKD drills to the mix. The tape culminates in drills that work you from long range to trapping and back out again.
JKDWD • $39.95 • 60 min.

KALI/JUN FAN/JEET KUNE DO SECTORING
FEATURING STEVE GRODY

Drawing from the concepts and methods of Kali and Jun Fan/Jeet Kune Do, Grody presents an inter-related series of the most efficient ways to simultaneously counterattack according to the relative positions of you and your opponent's arms.
GRD01 • $39.95 • 55 min.

JUN FAN/JEET KUNE DO TRAPPING SKILLS
FEATURING STEVE GRODY

Part 1
In one of the most detailed and comprehensive tape series available, Grody works through a clear-cut progression of training designed to give an understanding of the why, when and how of trapping. In this tape, Grody shows how to deal with primary and secondary obstructions to your hand attacks.
GRD02 • $39.95 • 58 min.

Part 2
In this tape, Grody continues the double trap series and presents drills designed to develop speed of perception and reaction in trapping.
GRD03 • $39.95 • 58 min.

Part 3
In this tape, Grody shows you how to defend your trapping against counter punching and how to counter trap a trapper.
GRD04 • $39.95 • 45 min.

Part 4
In this tape, Grody finishes the counter-trap series, demonstrates entries to trapping, trapping from defense and ways to use trapping against a boxer.
GRD05 • $39.95 • 60 min.

GRAPPLING UNLIMITED SERIES
FEATURING EGAN INOUE

Egan Inoue was the first non-Brazilian to win his division in the Jiu-Jitsu World Championships in Rio De Janeiro. He will teach you how to fight from the three key groundfighting positions.

THE GUARD
Egan gives you an introduction to grappling before explaining the guard position. Although you are on your back, the guard is a powerful position to be in. You'll learn how to maintain control from the guard, pass or escape the guard as well as how to counter those escape moves. Egan finishes up with drills that will hone your skills to a high level.
#GLTD01 • $39.95 • 50 min.

THE SIDE POSITION
You'll learn the proper body mechanics to maintain maximum leverage with the least amount of effort. Egan shows you all your options from the side as well as how to escape the side position.
#GLTD02 • $39.95 • 54 min.

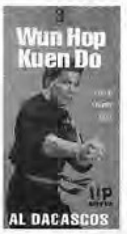
THE MOUNT
The mount is the dominant position in groundfighting. You'll learn how to hold your position as well as how to finish off your opponent. Egan will teach you the best defense possibilities. Egan fininshes the series by putting on the gloves and demonstrating sparring in the grappling range.
#GLTD03 • $39.95 • 50 min.

KAJUKENBO/ WUN HOP KUEN DO
FEATURING AL DACASCOS

Part 1: Beginning Theories, Principles and Techniques
This beginning tape gives helpful insights and covers approaching target areas and the personal weapons you'll need to achieve success. Ranges, levels and angles of attack are explained in detail, as well as techniques for entering and exiting your opponents critical zones!
KAJU • $39.95 • 55 min.

Part 2: Intermediate Theories, Principals and Techniques
This tape elaborates on snap vs. thrusting techniques, telegraphing signs and reading your opponent. Enhance your speed and power by developing relaxation! Learn the purposes of stance and silhouette training.
WHKD2 • $39.95 • 55 min.

Part 3: How to Counter Kicks
Learn how to counter your opponent's techniques, destroy his balance, and disrupt his center of energy! Covered are: kick against kick, hand against kick and body against kick. Also covered are stop-hit techniques, smooth entry and exit and techniques that will lead your opponent to the ground!
WHKD3 • $39.95 • 55 min.



Part 4: How To Work Basics On The Inside Range
Learn WHKD's way of applying Chi Na techniques. A variety of wrist locks and neck restraints are covered. Use these against an opponent who doesn't respond to your striking techniques! Dacascos teaches you to flow with a resisting opponent as well as demonstrates special exotic kicks.
WHKD4 • $39.95 • 55 min.

AMERICAN SHAOLIN KENPO
FEATURING JUNE CASTRO

Part 1: Fundamentals
June Castro has been training in the martial arts all of her life. She is an 8th degree black belt in the art of Shaolin Kenpo Karate under her father and instructor Grandmaster Ralph Castro. You will begin with the fundamentals to develop the necessary strength, speed, and foundation that Shaolin Kenpo is known for. This is the first video available on the direct and effective approach to fighting known as Shaolin Kenpo Karate!
ASK01 • $39.95 • 56 min.

Part 2: Using Jeet Kune Do Concepts in Training
June, an 8th degree black belt in Shaolin Kenpo also studies Jeet Kune Do under Burton Richardson. In this tape, she applies the Jeet Kune Do Concept of research and development to Kenpo's training methods. The emphasis is not a comparison, but an expansion of thought and application.
ASK02 • $39.95 • 46 min.

BEGINNING KARATE
FEATURING JERRY TRIMBLE

Jerry Trimble, World light-Welterweight Kick Boxing Champion, shows you the techniques and forms you must know to be a strong contender. You'll learn drills to improve balance, power and speed. A perfect tape for the beginner.
TRIM1 • $39.95 • 50 min.

BEGINNING & INTERMEDIATE COMBINATIONS WITH ENDURANCE DRILLS

Learn the kick and punch combinations you'll need to be the best! You'll learn how to develop maximum power and why different combinations work better than others. Jerry finishes off with endurance drills .Great information for both point fighters and kickboxers.
TRIM 2 • $39.95 • 50 min.

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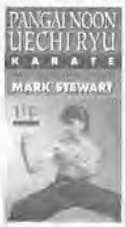
GOSOKU RYU KARATE
Action Kumite & Free Sparring
FEATURING TAK KUBOTA

Learn this incredible style of Karate that Tak Kubota has developed through years of training and experimentation. You'll learn a variety of defenses against punch and kick attacks. Next you'll see some action-packed freestyle sparring sequences. The tape concludes with a montage of master Kubota's exciting demo performances.
GSK * $39.95 * 40 min.

PANGAI NOON/UECHI RYU KARATE
FEATURING MARK STEWART

PART 1: Understanding Kata



The art of Pangai Noon/Uechi Ryu originated from the close range fighting styles of the tiger, dragon and crar e in the legendary land of Fukien Province, China. In this series, Mark Stewart, sheds some light on the little shown hidden motions of kata. He works with the Sanchin, Seisan and the Sanseiryu kata, giving a full demonstration of each plus applications of movements in the forms.
URK01 • $39.95 •45 min

PART 2: Training Drills
In this tape, Mark introduces training drills designed to develop the hidden motions found in the katas of Uechi Ryu Karate. Using the information detailed in part one, Mark explains the sticky hand drill, the double sticky hand drill, the forward energy drill and the wauke circle block drill, all of which come from the Okinawan iron body drills.
URK02 • $39.95 • 40 min

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THE ART OF KICK BOXING
FEATURING MARK STEWART

Part 1: Ring Smart
Training includes solo, partner, and equipment techniques, highlighting mobility and flow drills. Mark starts with the basics: stance, footwork, and the 8 angles of attack and evasion. He then teaches 40 different flow drills designed to blend your tools into a variety of combinations. The tape concludes with 12 action packed rounds of progressive sparring!
AKB1 • $39.95 • 50 min.

Part 2: Street Wise
This tape concentrates on using kickboxing concepts for street self-defense. Shown are a variety of drills using combinations designed for self-defense rather than ring fighting including throws,, locks and trapping, plus 12 rounds of sparring focusing on street survival techniques.
AKB2 • $39.95 • 50 min.

MUAY THAI BOXING
FEATURING VUT KAMNARK

Vut Kamnark has been training since he was 8 years old and currently teaches and promotes Muay Thai matches and is president of the U.W.M.T.A. (United World Muay Thai Association.)

Volume 1: Warm-Up, Conditioning & Introduction to Equipment

This tape will get you ready to learn the rigorous techniques of Muay Thai. After explaining Wai Kru, a dance of respect between fighters, you'll learn how to completely stretch and strengthen your body the Muay Thai way. Also full explanations are given on the different kinds of training gear and how to use them including: Thai liniment, ankle supports, hand wraps, gloves, thai pads, focus mitts, the belly protector, heavy bags and more.
MTB01 • $39.95

Volume 2: Basic Footwork, Punches & Elbows

You'll learn the on-guard stance and basic footwork. Next taught is the jab, cross, hook and uppercut. Detailed instruction on form and execution to develop maximum power and speed, as well as combination punching. The proper technique for delivering devastating elbow strikes from all angles concludes this tape.
MTB02 • $39.95

Volume 3: Kicks & Knees

Vut starts by teaching the push kick and its variations. Next he moves on to Muay Thai's trademark , The round kick. He breaks down each aspect of the kick so you can learn to harness all of its power. Next you'll learn the footwork and secrets to be able to throw this kick at any target from head to toe. The proper technique for delivering crippling knee strikes from all angles concludes this tape.
MTB03 • $39.95

Volume 4: Fighting Techniques
This tape puts it all together. It starts out with shadow boxing, the perfect way to practice all your techniques and warm-up at the same time. You'll learn how to defend against all attacks and develop an arsenal of counter combinations. Whether in a clinch or at long range, this tape will give you the information to fully utilize all your weapons. A variety of kick and punch combinations, good for fighting or just a great workout concludes the tape.
MTB04 • $39.95

CHINESE IN-FIGHTING
FEATURING DOUGLAS WONG

In this tape Doug teaches advanced techniques involved in close range combat, designed to keep your opponent off balance. Learn inside and outside attacking methods that use the principles of deflection as well as close range kicking drills using body torque to generate total striking power!
DWONC • $39.95 • 58 min.

CHINESE MARTIAL ARTS FIGHTING SKILLS
FEATURING DOUGLAS WONG

You'll learn to use minimum movement to obtain maximum results! The fighting concepts are broken into two components: 'Linear Motion vs. Circular Motion'. The various Body Zones are covered for long range strikes and for the grappling range. Also the principles of fighting multiple opponents, defenses against weapons, take-downs and more!
DWONB • $39.95 • 58 min.

HSING-I CHUAN
FEATURING GERALD A. SHARP

FIVE FISTS OF POWER, Part 1
This tape takes you through Hsing-I's basic training of hands and stances; as well as the applications and forms training for the 2 Splitting Fists, the Drilling Fist, and the Four Variations of Bursting (Crushing) of the Jiang Rong Qiao Hsing-I system. This tape introduces you to the practicality of Hsing-I both as a training tool, and a self defense art. While Hsing-I appears straightforward, you will be introduced to the slight angles, turns, and close range techniques of this rare internal art.
#HSI501 • $39.95 • 60 min.

FIVE FISTS OF POWER, Part 2
Tape Two completes the Five Fists with many useful applications and forms training for the Pounding and Crossing Fists, as well as teaching the applications and forms for Two Linking forms. These two linking forms known as: Transformation of the Five Fists and Single Linking of the Five Fists, are useful for tying together the principles of Splitting, Drilling, Bursting (Crushing), Pounding, and Crossing. By connecting the Five Fists, you will learn why Hsing-I Chuan is known as the penetrating internal martial art.
#HSI502 • $39.95 • 46 min.

POWER TRAINING
Power Training teaches three Hsing-I Standing Meditations (Zhanzhuang): the Infinity Posture, Listening to The Sea, and the Bear Posture for developing energy, power, and health; Hsing-I Push Hands for developing sensitivity, power, and root; and, useful self-defense applications and forms training for a Hsing-I Animals Power form (Hsing-I Hong Chuan). This tape is useful to a variety of martial arts practitioners, as well as internal arts practitioners such as Ta'i Chi Ch'uan and Pa Kua Chang.
#HSIP • $39.95 • 60 min.

12 ANIMALS, Part I
This tape demonstrates all 12 Animals of the Jiang Rong Qiao Hsing-I system, as well as applications and forms training for the Dragon, Tiger, Monkey, Horse, and Alligator. The 12 Animals build on the principles of the Five Fists and the Linking concepts. Utilizing the behaviors and movements of mythical and wild animals to develop a barrage of useful, practical self-defense techniques.
#HSI1201 • $39.95 • 52 min.

12 ANIMALS, Part 2
This tape completes the 12 Animals with applications and forms training for the Fighting Chicken, Falcon, Swallow, Snake, Ta'i (Ostrich), and the Combined Eagle/Bear. This tape also provides a Daily Practice Companion to practice the forms, and continues to build on the principles of the Five Fists and the Linking Concepts. Applications which emphasize Hsing-I's strikes are coupled with Hsing-I's close range techniques of grappling and throwing.
#HSI1202 • $39.95 • 60 min.

HUNG GAR KUNG-FU
(Tempting the Tiger)
FEATURING VERNON RIETA

History, philosophy and technique are all covered in this overview of one of Shaolin Kung-Fu's most popular styles. Hung Gar combines the strong, close-range style of the tiger with the soft, elusive long-range movements of the crane, and its forms are a powerful tool containing a wide range of isometric exercises. You'll learn many of the basic attacks and defenses found in the Hung Gar style. Applications of the various movements in the form are demonstrated both traditionally as well as in real life street situations.
HGAR01 • $39.95 • 45 min.

SHAOLIN FIGHTING
Theories & Concepts
FEATURING DOUGLAS WONG

Douglas Wong, founder of the modern day 'White Lotus' system, has taught over 7000 students with his highly diversified training course. Learn training exercises including upper body developement and body conditioning. Next Doug teaches soft hand blocks and joint locking blocks. You'll learn hand strike combinations followed by some fighting techniques. Doug explains footwork, postures, fighting ranges, body weaving and some unique fighting theories.
DWONA • $39.95 • 58 min.

SPLASHING HANDS
FEATURING JAMES MCNEIL

Part 1

Based on the way water pounds against the hands, Splashing Hands is considered one of the most powerful fighting systems available today! McNeil starts with the basic punches and blocks and works them into unstoppable combinations. He moves on to the basic kicks and follows with shuffle footwork, the basis for power. He puts it all together in a variety of self-defense techniques.
SH1 • $39.95 • 48 min.

Part 2
In this tape, McNeil continues with his lesson on the splashing hands streetfighting kung-fu series. He demonstrates Browns 1 through 8, a collection of self-defense techniques based on the splashing hands fundamentals. A complete fighting system on two tapes.
SH2 • $39.95 • 48 min.

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TAI MANTIS KUNG FU
FEATURING SCOTT COHEN

Part 1: Hidden Techniques

Tai Mantis is a system consisting of the North Shaolin and the Praying Mantis styles. Using basic stances, blocks and strikes, Scott demonstrates multiple applications not apparently seen in the technique. You'll learn how to create take-downs, traps, locks and counters from a few basic moves.
TAIM1 • $39.95 • 58 min.

Part 2: No Holds Barred combat

Learn the importance of timing, speed and power and how a smaller person can defeat a larger opponent by using proper body mechanics! This action packed video will increase the abilities of all students.
TAIM2 • $39.95 • 58 min.

SAVATE BASICS
FEATURING NICOLAS SAIGNAC

Savate, the traditional art of French kickboxing was developed in the eighteenth century. Today, Savate is practiced internationally by both men and women. Savate provide a complete physical workout while honing the senses and teaching an effective form of self-defense. This tape features a step-by step breakdown of the basic punches, kicks, blocks and combinations needed to practice Savate. The tape ends with a progressive sparring session highlighting the basic skills previously demonstrated.
SAV01 • $39.95 • 53 min.

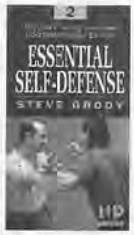
THE SAVATE WORKOUT
FEATURING NICOLAS SAIGNAC

This tape combines a progression of training drills designed to give you a complete cardiovascular workout as well as get as close as possible to an actual sparring situation. Starting with stretching and warmups and advancing to a variety of kicking and punching drills this workout will complement any martial arts style. This is an excellent workout for both men and women.
SAV02 • $39.95 • 60 min.

ESSENTIAL SELF-DEFENSE
FEATURING STEVE GRODY

Part 1

At each level of learning, Grody emphasizes what is most essential and useable, from the beginning to the more advanced skill levels. In this tape, Grody starts with attributes such as economy of motion, beat efficiency, simplicity and natural rhythm. Next, footwork and how it controls the range of the fight. Grody follows with major hand strikes and angles, low-line kicks and knee attacks. He goes on to evasive moves like slips as well as the basic covers and parries.
GR01 • $39.95 • 53 min.



Part 2

In this tape, Grody continues to work the material shown in part one. He starts by working the focus gloves to teach the principles of defending and countering hand attacks. He progresses to hand defenses with kick follow-ups. Grody gets more in-depth with his explanations of defensive skills both for the hand and the feet and how to flow effortlessly between the two. Ultimately, the information in this tape will give you the ability to flow back and forth between offense and defense spontaneously.
GR02 • $39.95 • 53 min.

Part 3

In this tape, Grody continues his progression of the most usable ways to attack and defend. He shows applications of feints and drifts, drills for defensive and offensive line perception and finishes with a series of counters to elbow attacks.
GR04 • $39.95 • 53 min.

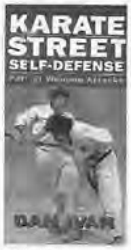
Part 4

In this tape, Grody teaches counters to knee attacks, the set-up, use and counter of the head butt, entries using the: jamming hand, ride-in, circling hand and beat. Also covered are counter for counter drills at the kicking, punching, kneeing and elbowing ranges.
GR05 • $39.95 • 53 min.

KARATE FOR STREET SELF-DEFENSE
FEATURING DAN IVAN

Part 1: Unarmed Attacks

Sensei Dan Ivan began his martial arts training in Japan where he became the first foreigner to earn black belts in Karate, Judo, Aikido and Kendo. As an agent for the CID, he experienced the practical value of the martial arts and has been the official police instructor for numerous law enforcement agencies. In this tape he presents an easy to learn system of street survival. You'll learn practical strikes, blocks and kicks and how to use them in street situations.
KSD01 • $39.95 • 53 min.



Part 2: Weapons

In this tape, Dan focuses on techniques designed to help you escape or disarm an opponent armed with a weapon. He takes the basic structure taught in tape one and develops those fundamentals more fully. Remember there is no true self-defense against an attacker with a weapon, but as a last resort these techniques may save your life. Always use training weapons when practicing.
KSD02 • $39.95 • 50 min.

SELF-DEFENSE FOR WOMEN
Simple Street Proven Concepts That Work
FEATURING JUNE CASTRO

In accomplished martial artist, and an experienced fighter, June Castro brings a unique perspective to self-defense training. June teaches you the basic elements needed for self-defense. First, avoiding a confrontation through awareness. Second, escape if possible. Specific fighting skills are taught as a last resort; how to strike, where to strike, when to strike, and why. This tape will help you develop the self-confidence and self-esteem needed to successfully defend yourself.
SDW • $39.95 • 59 min.

YOUR BEST DEFENSE
FEATURING DEBORAH MAGONE

This excellent video is for both men and women! In this tape, Deborah, the first female 4th degree Black Belt in Okinawan Seidokan Karate, illustrates strategies to help you develop a highly effective means of self defense. Points covered include: vital striking areas, basic punches, kicks, knee and elbow strikes, blocks and proper falling techniques. Techniques are shown for purse snatching, when knocked to the ground, hair pulls, grabs and chokes.
SDEFS • $39.95 • 45 min.

KALASAG KUNTAO SILAT
Filipino/Indonesian Martial Arts
FEATURING ROBERTO TORRES

Part 1: Fundamentals

Kuntao, as practiced in Indonesia and the Phillipines, is totally combat oriented. It is a punishing art, characterized by tearing and breaking. Roberto Torres' foundation is based on three systems: Petjut Kilat Silat, Visitacion Kuntao and Wu Kung Kuntao. In this tape You'll learn Balangkas (stepping forms) one through six, Kalasag Kamay (shielding hands), Salag (blocks), Tulay Kamay (bridging hands), Sikaran (kicking) and Laban Kamay (fighting hands).
KKS01 • $39.95

Part 2: Sayaws (Forms)

All the keys to fighting can be found in these dances. You'll learn 15 forms with a fighting application for each. From the applications you'll learn to use your footwork, blocks and strikes and the principles to create your own combinations.
KKS02 • $39.95

Part 3: Buno (Grappling)
FEATURING ROBERTO TORRES

After a short review of the basics, you'll learn the principles of balance and manipulating the centerline. Roberto then teaches foot directions, Tatsulok Buno (triangle throwing) and Hagis (throwing).
KKS03 • $39.95

Part 4: Sandatas (Weapons)
FEATURING ROBERTO TORRES

In part four Roberto teaches the use of the stick or blade. You'll learn the basic strikes and 12 angles of attack. Applications with in-depth explanations are taught. You'll also learn defense, disarms and see controlled free sparring as well as Bunga, a free form practice.
KKS04 • $39.95

PENCAK SILAT RATU ADIL
Combination Techniques
FEATURING RUDY TERLINDEN

Part 1

Rudy has studied for more than 50 years to master four styles: Serah, Cikalong, Cimade and Suci-Hati. He combined these four styles to create Pencak Silat Ratu Adil. In this tape, Rudy demonstrates Juru (form) number one and teaches techniques based on this form. You'll learn the basics of footwork designed to positon you to apply counterattacks and effortless takedowns. Also shown are the forms Pukulan number one and two. Rudy concludes with a variety of self-defense techniques.
TERL1 • $39.95 • 58 min.

Part 2
FEATURING RUDY TERLINDEN

Rudy Terlinden continues to demonstrate more Pencak Silat combinations in this follow-up to part one. He teaches self-defense techniques against punches, kicks and elbows. Also shown are basic Pukulan strikes, blocks, entries and offensive techniques.
TERL2 • $39.95 • 58 min.

TAEKWONDO
FEATURING DANA HEE

The ABC's of Modern Competition Sparring
Eight to win with these techniques taught by Olympic gold medalist, Dana Hee. Learn how to develop the timing and explosive speed that helped her win the lightweight fighting division in the 1988 Olympic Games. This tape is designed to give you an overall view of what it takes to win in thew competition ring.
TKDS01 • $39.95 • 42 min.

Training Drills for Modern Competition Sparring
With these drills, Dana shows you how she made the transition from full contact and point fighting to the style of fighting used in modern competition Taekwondo. Dana teaches you the drills she used to develop the timing, kicking stamina and those fast twitch muscle fibres needed for explosive speed. You'll learn the various drills taught by '88 Olympic coach, Sang Chul Lee and other great masters coaching the U.S. team for the 1988 Olympic Games.
TKDS02 • $39.95 • 57 min.

Fighting Strategies for Modern Competition Sparring
Play chess with the champions with these sparring strategies taught by 1988 Olympic Gold Medalist Dana Hee. Learn how to attack, counter and checkmate your opponent using offensive counters, set-up counters, trapping techniques and ring strategy. These techniques are a must for any serious fighter learning how to compete in modern competition sparring.
TKDS03 • $39.95 • 59 min.

CHEN STYLE TAI CHI
FEATURING JAMES MCNEIL

Part 1
The Chen style's 13 sections and 64 moves are clearly illustrated and McNeil, a world renowned internal stylist, breaks down the form into individual movements. In this tape, McNeil breaks down the first 22 moves and shows the self-defense applications of each move.
MN1CTC • $39.95 • 48 min.

Part 2
In this tape McNeil continues his instruction of the Chen form. He starts with a review of the 22 moves taught in part one then goes on to moves 23 to 64.
MN2CTC • $39.95 • 48 min.

COMBINED TAIJIQUAN IN 48 FORMS
FEATURING WEN-MEI YU

Pt. 1: Forms 1-19
Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this tape series, she performs and explains the Combined Taiji-quan in 48 Forms.
TC481 • $39.95 • 58 min.

Part 2: Forms 20-48
In this tape, Wen-Mei Yu continues with movements 20-48.
TC482 • $39.95 • 58 min.

WU STYLE TAIJIQUAN IN 89 FORMS
FEATURING WEN-MEI YU

Part 1
Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this three part series, she teaches Traditional Wu Style in 89 Forms as taught to her by masters Wu Ying Hua and Ma Yueh Liang. Part one features a demonstration of the complete form, followed by a lesson on all the basic hand forms, stepping movements, turns and kicks. Next a detailed lesson on forms 1-16 is shown.
WU01 • $39.95 • 56 min.

Part 2
Part two continues with detailed linstruction on forms 17-55.
WU02 • $39.95 • 59 min.

Part 3
Part three concludes the series with detailed instruction on forms 56-89 plus a demonstration of self-defense applications derived from the form.
WU03 • $39.95 • 45 min.

TRADITIONAL YANG STYLE TAI CHI KNIFE
FEATURING WEN-MEI YU

The traditional Yang style knife form is composed of thirteen movements. Wen-Mei Yu starts off by teaching you the stances and individual knife methods needed to execute this form. The form itself is taught with detailed, step-by-step instruction, in an easy to learn manner.
YKN • $39.95 • 53 min.

TRADITIONAL YANG STYLE TAI CHI SWORD
FEATURING WEN-MEI YU

Part 1: Movements 1-35
In this tape, Wen-Mei Yu teaches a traditional Yang style sword form. The tape starts with a full demonstration of the form followed by instruction in the basic stances you will be using. The in-depth instruction of the form begins with movements 1-35, including a slow-motion review.
YSW01 • $39.95 • 58 min.

Part 2: Movements 36-53
In this tape, Wen-Mei Yu continues her instruction on the traditional Yang style tai chi form. The tape starts with a review of the material covered in part one before continuing the step-by-step instruction of the final movements 36-53. After completing the instruction, the full form is reviewed in slow motion as well as regular speed.
YSW02 • $39.95 • 46 min.

ACROBATIC FIGHTING TECHNIQUES
FEATURING STUART QUAN

Part 1
Fly through the air with the greatest of ease! In this two-tape series you'll learn to conquer your fears, go for your goals and reach your outer limits. Learn to perform dazzling acrobatic moves through an easy-to-follow, step-by-step process that will increase your flexibilty and strength as well. Part one teaches you: Basic stretching, Kip up, Head stand, Back extension roll, Front roll, Dive roll, Shoulder roll, Cart wheel and Combination moves.
ACR01 • $39.95 • 50 min.

Part 2
In this tape, Stuart continues his acrobatic lesson with: Advanced stretching, Back hand spring, Front hand spring, Back flip, Round off, Aerial cart wheel, wind mill, Combination moves, and Martial art choreography.
ACR02 • $39.95 • 50 min.

THE ART OF STRETCHING AND KICKING
FEATURING JAMES LEW

For you to kick your highest and move your fastest, it is essential to be limber and completely flexible! In this tape, James starts out with a general warm-up before starting his pre-kicking stretch routine, which strengthens as well as limbers up all the muscles used in kicking. Then he covers the basic kicks; front, side, roundhouse, hook, back, crescent, axe and more! You'll learn concepts for power and focus, as well as many tips to perfect your kickin technique. James concludes with stretches designed to obtain maximum flexibilty in an easy to follow routine.
LEW1 • $39.95 • 48 min.

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CREATIVE KICKING COMBINATIONS
FEATURING STUART QUAN

In this tape, Stuart takes your basic kicks and brings out important keys on how to maximize your execution. He talks about the slow/fast principle, how to create power and maintain balance. Next, Stuart gets into the combinations, using both Japanese and Korean style kicks, as well as adding punch combinations. He gives you a detailed, step-by-step breakdown of spinning and multiple kicking methods. He concludes with a series of self-defense techniques combining different styles of marial art.
QUAN 1 • $39.95 • 50 min.

DYNAMIC STRENGTH
FEATURING HARRY WONG

Control your own power destiny! All martial artists must continue to improve their power and speed as they train to achieve their own personal best! In this video, Kung Fu San Soo Master Harry Wong, will show you how to achieve the results you want. Using a unique blend of flowing isometrics Harry teaches you how to continuously improve your strength and physique. Recommended for students of all styles.
DS1 • $39.95 • 58 min.

ENHANCING YOUR SKILLS
FEATURING MARK DACASCOS

In this tape, Mark focuses on exercises and drills to improve your skills for both tournament fighting and street self-defense. He starts off with harmony sparring, a warm-up exercise that develops spontaneous reaction in your technique. Next he goes through a variety of conditioning and strengthening drills to help you overcome fear of contact, as well as build speed and reaction time. Martial artists of all styles will benefit from these unique partner sparring exercises.
ESK • $39.95 • 60 min.

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FIGHTING COMBINATIONS
FEATURING CHRISTINE BANNON- RODRIGUES

In this tape Christine teaches fighting techniques that she uses to consistently win at tournaments around the world. She begins by teaching methods of footwork. Next, Christine teaches 8 defensive maneuvers including the: side kick, jump back kick, hook kick, ridge hand and more. She continues with 10 offensive combinations like the fake hook kick to round kick, the low reverse punch to ridgehand, sweep and ax kick and her famous multiple round kick to side kick combo. Each technique is taught step-by-step, applied against a partner and demonstrated using training pads to perfect and develop the power in the technique.
FTC • $39.95 • 53 min.

HARD STYLE FORM COMBINATIONS
FEATURING CHRISTINE BANNON- RODRIGUES

In the world of sport karate, Christine Bannon-Rodrigues is the most versatile female competitor of all time. She has consistently won in all three categories of competition-fighting, forms and weapons. In this tape, Christine puts together kicks, punches and gymnastics into a unique blend of 15 combination moves to enhance your hard style forms for open competition. She teaches in an easy, step-by-step manner. As a bonus, Christine demonstrates her hard style form that has won numerous championships around the world.
HSC • $39.95 • 45 min.

THE HIDDEN COMBAT USE OF FORMS
FEATURING STEVE GRODY

In this tape, Grody explores the combat applications found in traditional Kung-Fu forms. Sometimes the most effective movements are either overlooked or misunderstood. By looking closely at your forms, you can discover their hidden combat lessons. 50 min.
GRO3 • $39.95 • 50 min.

KICKBOXING FOR WOMEN Essence Of Training For Fitness & Self-Defense
FEATURING JUNE CASTRO

A martial arts instructor, a Thai Boxing enthusiast, and certified fitness professional, June Castro teaches the fitness and self-defense aspect of Kickboxing. You will learn the fundamentals of footwork, boxing skills, elbows, knees, kicks, and various Thai Boxing drills. The workout improves the cardiovascular system, increases strength and muscle tone, while developing balance and coordination. The combative skills developed make this workout an excellent form of self-defense training.
KBW • $39.95 • 53 min.

KICKING TO NEW HEIGHTS
FEATURING STUART QUAN

This video focuses on aerial kicking techniques. Included are the Jump Side Kick, the Jump Spinning Kick and the awesome Jump 360 Kick as well as others. Stuart starts the tape with a good warm-up routine while giving you plenty of tips to improve your stretching. He then goes into a step-by step breakdown of each kick. The tape finishes with an array of aerial combinations for you to learn.
QUAN 2 • $39.95 • 50 min.

MARTIAL ARTS FUNDAMENTALS & SELF DEFENSE
FEATURING CARRIE WONG

This program demonstrates various Chinese Kung-Fu training exercises by world renowned forms competitor Carrie Wong. You'll learn important breathing concepts, horse training to develop strength in the lower body, and a basic form. Next you'll learn stump training for balance followed by basic hand forms. The tape concludes with kung-fu self-defense techniques. A great introduction into the Chinese martial arts!
MAF • $39.95 • 59 min.

PROTECTERCISE
FEATURING KAREN SHEPERD

Get in top shape while learning practical, effective self-defense moves. Karen Sheperd, star of several feature films and Red Sonja in Universal Studios' Conan the Barbarian show, has called upon her years of experience as a world champion martial artist and fitness instructor to create Protectercise, the perfect low impact aerobic workout which simultaneously teaches simple and realistic responses to physical assaults.
PROT1 • $39.95 • 60 min.

R.O.C.
FEATURING GREGG WOOLDRIDGE

Part 1

R.O.C. (Reactive Opponent Control) is a concept that goes beyond technique and focuses on total domination of your opponent. R.O.C. brings self-defense to a level that the average martial artist can understand and utilize with very little time expended in the training process. In this tape, martial artist and bodyguard Gregg Wooldridge teaches you the foundation of R.O.C.: body positioning and body manipulations.
RS1 • $39.95 • 45 min.

Part 2

FEATURING GREGG WOOLDRIDGE

In part 2, Gregg expands on the information taught in part one by adding punches, elbows, knees, kicks and headbutts to the basic body manipulations. In addition, a full lesson on grappling concepts and techniques is included. For those of you who have been in actual combat situations, you are well aware of the physicality needed to overcome an opponent. R.O.C. is the perfect supplement to add this to your training!
RS2 • $39.95 • 50 min.

SOFT STYLE FORM COMBINATIONS
FEATURING CHRISTINE BANNON-RODRIGUES

In this tape, Christine teaches 10 combinations including the 360° sweep, the jump inside crescent kick into full splits, the aerial butterfly kick, the aerial cartwheel and more. Next she teaches the basic junior longfist form in a step by step method. Christine then teaches a modified version by adding some of the more advanced combinations into the basic form. You'll learn her secrets for creating a world class soft style form for competition.
SSC • $39.95 • 52 min.

STRETCHING AND KICKING MASTER SERIES
FEATURING JAMES LEW

In this tape James focuses on the more dynamic jump, spin and multiple kick techniques. He starts off with a quick review of the basic kicking fundamentals. Next he teaches the jump and spinning front kicks, roundhouses, side, hook, crescent, and axe kicks. You'll learn how to kick from the ground as well as numerous kick combinations. This tape is a catalog of every kick imaginable!
LEW2 • $39.95 • 48 min.

WEAPONS FORM COMBINATIONS
FEATURING CHRISTINE BANNON-RODRIGUES

In this tape, Christine draws from her world championship whipchain and broadsword form to teach you some dynamic combination techniques with these weapons. She starts with basic techniques such as the double flower and the forward figure eight and works up to more complex combinations like the 360¡ jump, floor combinations and neck wraps. Christine then teaches her entire form in a step-by-step breakdown.
WPC • $39.95 • 50 min.

THE AUTHENTIC KUBOTAN® SELF-DEFENSE KEYCHAIN
FEATURING TAKAYUKI KUBOTA

The official Kubotan™ self-defense keychain is a 5 1/2" plastic stick with a keyring attached. This tape will teach you the basic strikes and techniques you'll need to use the Kubotan®. Master Kubota starts off by explaining vulnerable striking points of the body. Next he teaches some simple striking patterns and joint manipulations. After learning the basics, you'll learn how to counter specific attacks including wrist grabs, arm grabs, chokes, punches, bear hugs and more. Master Kubota has taught martial arts to both law enforcement and the general public for over 50 years.
KUKC • $39.95 • 50 min.

The KUBOTAI: Training and Techniques
FEATURING TAK KUBOTA

Soke Takayuki Kubota has designed the ultimate weapon for self-defense. In fact, the Kubotai is so effective, many police departments have enlisted Kubota to train their forces in properly utilizing it. In this video, you'll learn strikes, blocks, control techniques and the kata that will put all the movements together.
KUTAI • $39.95 • 48 min.

up VIDEO

SHAOLIN WEAPONS SERIES:
FEATURING JAMES MCNEIL

THE BUTTERFLY KNIFE

Learning to handle martial arts weapons greatly enhances all empty hand techniques. In this tape, James McNeil demonstrates a Shaolin Kung-Fu butterfly knife set in a step-by-step, easy to learn format. To fully understand the weapon, McNeil also teaches the fighting application for each movement of the set.
SWPN01 • $39.95 • 40 min.

THE STAFF

In this tape, James McNeil demonstrates a Shaolin Kung-Fu staff set. By learning this form, you can master most of the basic maneuvers needed to utilize this practical weapon. To further your understanding of this weapon, McNeil also teaches the fighting application of each move of the set.
SWPN02 • $39.95 • 40 min.

WING CHUN GUNG-FU BASICS
FEATURING RANDY WILLIAMS

Pt. 1: Structure and Footwork

Randy Williams gives insightful instruction for the Basic Stance, the Eight Punches and Eight Palm Strikes of Wing Chun. Elbow Strikes and Blocking Motions are covered as are the Five basic Moving Stances. In addition, you will learn the footwork necessary to get the most from the other tapes in this outstanding series.
WCW01 • $39.95 • 50 min.

Pt. 2: Combat Theory and Kicks

This tape is the companion to Structure and Footwork and includes step by step explanations of the Mixed Footwork Patterns used to develop Body Unity. Learn the Centerline Theory, The concept of Reference and The Cutting Angle. Gain insight into Complex Motions and Simultaneous Defense and Attack. Also covered are Wing Chun's Invisible Kick principal and the use of the Rattan Ring!
WCW02 • $39.95 • 50 min.

WING CHUN GUNG-FU COMBAT DRILLS
FEATURING RANDY WILLIAMS

Pt. 1: Basic Blocks and Traps

Five Star Arm Toughening Drill, Kuen Siu Kuen punch interception, Straight Punch drills: 4 variations done 3 ways! Also learn Yut Fook Yee Yin/Yang attack and defense drill, Pock Sau for quickness and dexterity in blocking and trapping, and many others!
WCW03 • $39.95 • 50 min.

PT. 2: Advanced Blocks and Traps

Slow Attacks Drills, Four Line Changing, Simultaneous Attack & Defense, Trapping and Kicking, Woo Sau Cutting Angle Defense, Fon Sau Drill for quickness and economy of movement, Lop Sau, Wing Chun's timing and trapping drill, Gahng Gyeuk; a 6-part shin/knee/ calf toughening exercise and others!
WCW04 • $39.95 • 50 min.

WING CHUN GUNG-FU
Chee Sau Concepts & Strategy
FEATURING RANDY WILLIAMS

Pt.1: Single Stick & Rolling

This video covers Look Sau; the famous double rolling arms cycle of Wing chun. Single Sticky hand and Inside and Outside Whip Cycles are demonstrated as well as basic three part sensitivity drills. All are clearly shown with and without the specific footwork, to make these techniques easier to learn and apply!
WCW05 • $39.95 • 50 min.

Pt. 2: Combat Sticky Hands

In this, the companion video, Randy takes you to new heights with the ultimate in Look Sau Rolling Arms techniques, 25 Gwoh Sau combat/attack combinations as well as 2 Response Chains! All designed to allow you to handle the multiple variations and possible outcomes of an attack!
WCW06 • $39.95 • 50 min.

WING CHUN GUNG-FU
FEATURING RANDY WILLIAMS

108 Wooden Dummy Motions Pt. 1

Part one covers the first 60 motions of the Mook Yan Joang Fot Yut Ling Bot wooden dummy forms and their applications. Also covered are dummy structure and installation.
#WCW07 • $39.95 • 50 min.

108 Wooden Dummy Motions Pt. 2
FEATURING RANDY WILLIAMS

Part two covers the remaining 48 motions based on the Biu Jee thrusting fingers set. Again forms and applications are covered.
WCW08 • $39.95 • 50 min.

WING CHUN GUNG-FU
WOODEN DUMMY TRAINING
FEATURING RANDY WILLIAMS

PART 1: Advanced Wooden Dummy Drills
In this tape, Randy demonstrates over twenty drills, both on the dummy and with a partner. He starts with the 5-Star Blocking Drill and continues with others such as: Fist Parries Fist, Huen Da Progression, Jom Sau Chasing, Straight Punch Drills, The Invisible Kick and more.
WCW09 • $39.95 • 56 min.

PART 2: Lop Sau, Chee Sau and Dummy Theory

In this tape, Randy concentrates on the Lop Sau/Fon Sau Switch, the Chahng Dai Jyeung Switch, the Biu Sau Switch, the Gum Sau Switch and the Pock Sau Switch. He then goes into Look Sau–Rolling Hands and attack combinations, Sticky Foot, the Dummy Centerline Theory and more.
WCW10 • $39.95 • 56 min.

WING CHUN GUNG-FU CLOSE RANGE COMBAT TECHNIQUES
FEATURING RANDY WILLIAMS

PART 1: Combat Principles and Attacking Combinations

This tape provides an explanation of important Wing Chun fighting principles such as the open/closed relationship, plant/trap/hit, the yin cutting angle, combat attitude, body unity and more. Also included are a number of fighting techniques, demonstrated at speed and in detailed slow-motion.
WCW11 • $39.95 • 47 min.

PART 2: Defense Against Straight Punches and Kicks

In part two, Randy continues to demonstrates fighting techniques against the jab, the 1-2, and a variety of different kicks.
WCW12 • $39.95 • 53 min.

PART 3: Emergency Defenses and Defenses against Punching Combinations

In part three, Randy starts off with a unique warm-up series and then continues with fighting techniques against a variety of punching combinations as well as different grabs, rear attacks and other self-defense situations.
WCW13 • $39.95 • 35 min.

WING CHUN GUNG-FU TRAINING METHODS
FEATURING RANDY WILLIAMS

PART 1: Advanced Lop Sau Principles

In this tape Randy teaches numerous training drills designed to perfect your Wing Chun techniques such as: All Lop Sau switches with kicks, stop kicks, broken rhythm, Fon Sau Switching, Chahng Dai Jyeung Switching, Biu Sau Switching, Gum Sau Switching, Pock Sau Switching and more.
WCW14 • $39.95 • 41 min.

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Part 2: Advanced Two-Man Drills

In this tape, Randy demonstrates training drills such as: The Pock Sau cycle, Leakage Drills, Huen Da, Block Responses, The Body Trap Drill, Single Sticky Hand with Kicks, Combat Sticky Foot and more.
WCW15 • $39.95 • 41 min.

Part 3: Structure and Stamina Training

In this tape, Randy teaches the Siu Leem Tau form, the Chum Kiu form, the Biu Jee form and some of his unique training methods such as the 1080 Punches, the 1024 Kicks, Short Punches, L-Moving and Whip Power. These drills are guaranteed to make the most of your practice sessions.
WCW16 • $39.95 • 60 min.

SIU LEEM TAU:
Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1

The first form is Siu Leem Tau or The Little Idea. A demonstration of the complete Siu Leem Tau Form and a detailed breakdown of part one motions and principles including: Basic Stance • Basic Punching Principles • Concept of Facing • Grabbing • Simultaneous, Indepen-dent Motion of the Hands • Chi Development • Rooting/Sinking • Hooking Traps • Basic Blocking Structure • The Cutting Angle of Wing Chun Blocks • Leen Siu Dai Da–Economy of Motion • Running Hand and More
WCW17 • $39.95

Part 2

Part 2 continues with detailed explanations of part two and three motions and principles of the Siu Leem Tau Form including: Whirlpool Energy • Striking Principles • Trapping Principles • Multi-Directional Movement • Punching Variations • Yut Fook Yee • One Hand Traps Two • Invisible Centerline Attack Principle • Basic Concept of Reference • Long Bridge Motions • Knee and Elbow Strikes • Borrowing Power • Palm Striking Variations • Neck Trapping • The Stupid Trap
WCW18 • $39.95

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SIU LEEM TAU: Combat Techniques
FEATURING RANDY WILLIAMS

Part 1
Siu Leem Tau applications in Combat Sticky Hands engagements which include: Sup Jee Sau • Chop Kuen • Loy Fon Chop Kuen • Ngoy Kwun Sau • Loy Kwun Sau • Loy Fon Kuen • Inclusion • Chau Kuen Siu Kuen • Tan Da • Huen Da • Woo Sau • Running Hand • Woo Sau Clamping Trap • Fook Sau • Pock Sau • Pock Da • Loy Pock Sau • Jing Jyeung • Gum Jyeung • Shoulder Butts & Blocks • Gum Sau • Gum Da.
WCW19 • $39.95•

Part 2
Combat Sticky Hands engagements highlighting more Siu Leem Tau principles and techniques in application including: Lon Da • Lop/Fun Sau • Jom Sau • Chuo Kuen • Yut Fook Yee • Jut Sau • Biu Sau • Syeung Kuen • Hahng Sau • Ding Sau • Tai Kuen • Hay Jahng • Tai Sut • Kau Sau • Ngoy Jut Sau • Chahng Jyeung • Pon Geng Sau • The Stupid Trap • Gahng Sau • Gahng Da • Tan Sau Wrap • Clamping Trap • Circling Cut • Chahng Dai Jygung • Boang Sau • Sinking Tan Sau • Pau Sau • Tuet Sau
WCW20 • $39.95

CHUM KIU: Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1
Volume 1 starts with the complete Chum Kiu Form then continues with a detailed explanation of its individual motions and principles including: Body Unity • Concept of Reference • Yin/Yang Motion • Inclusion/Exclusion • Use of Centrifugal/Centripetal Force • Relaxed Power • Leg Checking • Elbow Attack • Stance Pivoting Range and Limits • Joint Locks/Strikes • Mixing Principles • Waist Trapping • Boang Sau Defense • Roots of Lop Sau and more.
WCW21 • $39.95

Part 2
Explanations of Chum Kiu principles including: Outward Diagonal Punch • Excluding from Underneath • Combination Footwork • Various Facing Relationships • Combat Usage of Fook Sau • Whip Power • Hand Strikes on the Ground • Combing Circular and Straight Motion • Combining Bent and Straight Motion • Kicking Principles • Leg Blocking • Hock Throw • Plant/Trap/Hit Principle • Use of Momentum • Change of Reference vs. One or More Opponents and more.
WCW22 • $39.95

Part 3
Explanations of Chum Kiu principles plus aslow-motion look at the Chum Kiu Form. Finally Randy teaches Combat Lop Sau which teaches you how to break into free-form combat from the Lop Sau cycle. Chum Kiu principles covered in this tape include: Sidekick • Stop Kicking vs. Punching and Kicking • Kick Sequence for Training • Ducking • Offset Timing • Defense vs. Hooks/Backfists and more.
WCW23 • $39.95

CHUM KIU: Combat Techniques
FEATURING RANDY WILLIAMS

This tape demonstrates Combat Sticky Hand engagements highlighting Chum Kiu principles in application including: Choh Ma Cheh Kuen • Jeen Kuen • Pai Jahng • Soang Jahng • Chum Jahng • Jeep Sau • Waist Trap • Lon Sau • Boang Sau Neckbreak • Ngoy Doy Gock Kuen • Exclusion • Jing Ma • Jing Gyeuk • Ngoy Tiu Gyeuk • Leakage Attacks • Chum Kiu • Chau Kuen • Pon Geng Sau • Lop Fook Sau • Wahng Gyeuk • Loy Tiu Gyeuk • Loy Doy Gock Gyeuk and more.
WCW24 • $39.95

BIU JEE: Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1
The third hand form is Biu Jee or Shooting Fingers. Volume 1 starts with the complete Biu Jee form. Next is a detailed breakdown of part one motions and principles including: Combining the Forms • Advanced Biu Jee Pivoting • Spring Fingers Strike • Wrist Snapping Power • Four-Way Wrist Whipping • Horizontal Forearm Strikes • Grabbing Techniques • Crawling Trap • Butting Elbow Strike • Nosecone Defenses • Rolling Strikes on the Ground • Complex Timing • and more.
WCW25 • $39.95

Part 2
Volume 2 continues with explanations of Biu Jee principles including: Lowline Exclusion • Springy Power • Fock Sau Blocking and Attacking • Defense vs. Rear Attack • Close Range Usage of Long Bridge Motions • Adding Yang Power to Yin Motions • Defeat of the Yin/Yang Structure • Mixing Whirlpool and Straightline Energy • Gwot Sau Scooping • Chambering at Extremely Close Range • Finger Strikes to the Eyes and Throat •Multi Attack • Groundfighting and more.
WCW26 • $39.95

Part 3
Volume 3 continues with explanations of Biu Jee principles plus another look at the complete form in slow motion. Biu Jee principles in this video include: Inward Diagonal Punch • Finding the Root of all Punches in Wing Chun Blocks • Determining the Centerline • Blending Punch Principles • Abbreviated Pivoting Stance • Forward/Backward Headbutting • The Wing Chun Bob & Weave • Locking/Stopkicking from a position of extreme disadvantage • Kick Facing • Correlation of Wing Chun Leg Blocks to Hand Blocks and more
WCW27 • $39.95

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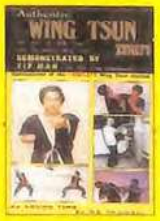

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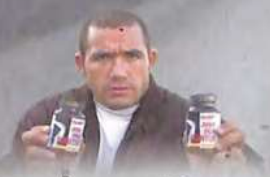

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